THE

FEMALE GUIDE:

CONTAINING

FACTS AND INFORMATION

UPON THE

EFFECTS OF MASTURBATION,

AND THE CAUSES

PREVENTION, TREATMENT, AND CURE OF HERNIA OR RUPTURE, COSTIVENESS, LIVER COMPLAINTS, PILES, DEFORMITIES, AND PAINFUL DISEASES OF THE SPINE, SUPPRESSION AND IRREGULAR PAINFUL MONTHLY PERIODS, PROLAPSUS UTERI, OR FALLING OF THE WOMB, ATTENDED WITH WEAKNESS OF THE BOWELS,

AIN IN THE SIDES AND BACK, DIFFICULTY OF PASSING THE URINE, &c., &c.,

ILLUSTRATED WITH TWENTY SUPERIOR CUTS.

DESIGNED FOR FEMALES EXCLUSIVELY.

BY

CALVIN CUTTER, M. D.

WEST BROOKFIELD:
PRINTED BY CHARLES A. MIRICK.
1844.

A FRONT VIEW OF THE SKELETON.

Fig. 1.

HEAD AND NECK.

a, The frontal bone.
b, The parietal bone.
c, The temporal bone.
d, A portion of the sphenoid bone.
e, The nasal bone.
f, the malar or cheek bone.
g, The superior maillary, or the upper jaw.
h, The lower jaw.
i, The bones of the neck.

TRUNK.

a, The twelve bones of the back.
b, The five bones of the loins.
c, *d*, The breast bone.
e, *f*, The seven true ribs.
g, *g*, The five false ribs.
h, The rump bone, or sacrum.
i, The hip bones.

UPPER EXTREMITIES.

a, The collar bone.
b, The shoulder blade.
c, The upper arm bone.
d, The radius.
e, The ulna.
f, The carpus, or wrist.
g, The bones of the hand.
h, First row of finger bones.
i, Second row of finger bones.
k, Third row of finger bones.
l, The bones of the thumb.

LOWER EXTREMITIES.

a, The thigh bone.
b, The knee pan.
c, The tibia, or large bone of the leg.
d, The fibula, or small bone of the leg.
e, The heel bone.
f, The bones of the instep.
g, The bones of the foot.
h, The first row of toe bones.
i, The second row of toe bones
k, The third row of toe bones.

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ILLUSTRATED WITH SIXTEEN SUPERIOR ENGRAVINGS.

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PREFACE.

"The subject of phyiscal education, is justly occupying a share of public attention, and people are beginning to learn that there are organic laws to be obeyed, and that obedience is best secured by a knowledge of those laws and the penalties attached to their violation. Most of the topics of physiology have been freely treated in works designed for popular reading; but there are subjects which a false and fastidious notion of refinement has carefully excluded from such works,—subjects, too, of all others the most important, because they relate to the strongest impulses of our nature, and an ignorance of which may lead to the most disastrous consequences.

"But it is gratifying to see that correct sentiments are gaining ground in the community, in regard to this matter, and that authors whose talents and judgment command public confidence, are willing to speak out for the benefit of their fellow-beings."

The following pages treat of the causes, the means of prevention, and some of the appropriate remedies to be used for the removal of several of the too common diseases with which females are afflicted. That such diseases exist, none will deny; that they are induced by some causes, none will dispute; that they are on the increase, most admit; that the community would be much benefited by the diminution and removal of such affections, no one doubts; that evils are avoided and removed by the causes being understood, is not doubted; that the diseases of Hernia, Costiveness, Piles,

curvations and distortions of the spine, the painful and prostrating affections of the uterine system would be avoided, if their causes, and the means of removal were generally understood, no one can reasonably doubt. To give information upon these points to the females of the community, is the design of the following pages. To make this more clear and plain, sixteen splendid cuts have been engraved, giving a correct view of the parts described. To the candid judgment of the Ladies, this small work is submitted. If they think well of it, they are solicited to use means to give it an extensive circulation.

October, 1844.

FEMALE GUIDE.

CHAPTER I.

THE BONES.

THE bones are the frame work of the system ; they give attachment to the muscles and ligaments. To give a clear idea of the relative uses of the bones, and muscles, I will quote the comparison of another, though, like other comparisons, there are points of difference. The "bones are to the body, what the masts and spars are to the ship,—they give support, and the power of resistance. And the muscles are to the bones, what the ropes are to the masts and spars. The bones are the levers of the system. By the action of the muscles, their relative positions are changed. As the masts and spars of a vessel must be sufficiently resisting and firm to sustain the action of the ropes, so the bones must possess the same qualities, to sustain the action of the muscles in the human body." We find them characterised by hardness, inflexibility, insensibility, and strength. By means of the bones, the human frame presents to the eye a wonderful piece of mechanism, possessing most perfect symmetry of form, uniting with it freedom of motion, and giving security to life.

Some give security to the organs which they enclose. Of this number are the bones that form the skull, the sockets of the eye, and the cavity of the nose. Others, in addition to the protection they give to important organs, are useful in movements of certain kinds. Of this class we find the bones of the spinal column and ribs.

Others are subservient to motion only ; the bones of the upper and lower extremities are of this class. The general form of the bones used in the protection of organs only, is flat ; they are likewise thin. Those that combine protection with motion, are more cylindrical, as the ribs. The general form of the bones of the extremities are cylindrical and hollow, with enlargements at each extremity.

In the mechanism of man, the variety of movements he is called to perform, require a corresponding variety of component parts. The different bones are so admirably fitted to each other, that they admit of all the motion that is required. Some anatomists reckon 260 bones in the system, others but 253. The teeth, and the small accessory bones that are often met in the system, are included in this number,—rejecting these, and computing those that are distinct in infancy, but united in manhood, we find only 197.

The bones are composed of two principles. The one is called the animal, the other the earthy matter. The animal is composed chiefly of gelatine, or, in other words, jelly. The earthy is principally composed of two salts, to wit: the phosphate and the carbonate of lime. This can be proved by a simple series of experiments. Take the bone of any animal and put it into the fire a short time ; on removing it, we shall see the form of the bone preserved. It is much whiter, and can be reduced to a fine powder by a little rubbing. This is owing to the loss or destruction of the gelatine by the action of fire, the carbonate and phosphate of lime remaining. Subject a bone to the action of diluted muriatic acid for a few days. On removing the bone from the acid, the form will be noticed to be unaltered. But now it may be cut with a knife with ease. It may be bent in any way, with little effort. The acid has united with the carbonate and phosphate of lime, and the muriate of lime has been formed, which is a salt soluble in water, the carbonic and phosphoric acids being set at liberty. There is now left the gelatine that preserves the form of the bone ; this is soft and yielding. In cases of rickets, there is a defi-

ciency of the salts of lime, and this is the cause of the deformities that attend these diseases of children. It is well known that the bones and limbs of infants are more easily bent, than in advanced age. This is in consequence of the gelatine being in much greater abundance than in persons more advanced. This soft and immature state of the bones in the young child, unfits it to sustain long continued standing in an upright position. The attempt to induce a child to stand, or walk, while very young, is unwise, and often productive of injury to the system of the child. The lower limbs being imperfectly developed, there being but a small amount of the earthy salts, they bend when the weight of the body is thrown upon them for any length of time. As the elastic stick bends when the ends are pressed upon, so do the limbs of the child. The efforts to induce the child to walk, by the use of standing-stools, leading-strings, and other means, create the bow-legs, or bandy-legs, as they are called, that we see in the community. The bones that compose the spinal column, and the ribs in the child, are very soft and yielding. Such being the case, the clothing should be loosely applied to the child. A very small amount of pressure upon the gelatinous ribs, will push them in upon the lungs, heart, liver, stomach, and other important internal organs. The bandage, or swathe, made use of by some mothers to support the parts about the navel of the child, should be abandoned. The parts, in ordinary cases, need no support, and such attempted assistance is sure to be attended with injury. Let all the clothing of the child be loose. The hip bones of the child, like the other bones, are soft and yielding. If the child be carried much upon one arm around the parlor, deformity of the hip bones may be produced. As the child advances in life, the gelatine gives place to the earthy matter, rendering the bones firm to resist the action of the more mature muscles, and the forces operating upon them. As the child advances in years, the bones bend less easily, and are fractured more readily. In middle age, the proportion of gelatine, and the carbonate and phosphate of lime, are more nearly balanced.

They fracture more readily than in the child. They are, at this period of life, firm, elastic, and not so readily injured as in younger years, or more advanced life. In old age they are found to be friable, or brittle, and if fractured, it will require a longer term for them to unite, than in middle age ; for the reason that the gelatine is diminished, while the salts of lime have been very much increased.

The health of the bones depends upon a supply of nutrient blood, and proper exercise. As a general thing, we see that, among the active and industrious men, when digestion is good, the lungs healthy and well developed, with an abundant supply of pure air, there are, also, well developed and well formed limbs. On the contrary, persons who toil in damp rooms, who sleep in badly ventilated chambers, whose food is poor in quality, and deficient in quantity ; that pursue a laborious and exhausting occupation for many hours continuously, and in unnatural positions, will have bones more or less diseased. When the system of the child or young animal is developing, attention should be given to their clothing, food, sleeping rooms, and employment. The amount and kind of labor should be adapted to the age, health, and developement of the bones. The bending bones of the child, and the brittle bones of the aged man, are not adapted, by their organization, to long continued and hard labor. Neither are the yielding bones of the child fitted for long continued sitting, or standing in one position. If deformities exist, these practices increase them. Every child and every deformed person should have employment, and opportunity to exercise,—but such employment and exercise should be always adapted to the conditions of the patient, and varied frequently. Exercise invites a flow of fluids to the bones of the body ; the bones of those who have the proper amount of exercise are firmer, stronger, more healthy, and less liable to disease, than in the person that is indolent, and has but little exercise. We find the most symmetry of form, and exemption from disease, among the laborious and toiling classes in the community. Thus we see, there is truth in the Latin

maxim: "Ubi irritatio ibi fluxus." When there is irritation, or exercise, there is a flow of fluids. In the disease of the bones in children, known by the name of rickets, a softening of the bones, to a greater or less extent, exists, there being a diminution of the phosphate of lime. In the care of children thus diseased, free exercise in the open air, nutritious food, cleanliness of skin, a fair amount of clothing, good sized, and well ventilated sleeping rooms, would be very sure of effecting a cure. Rickety children being generally confined to that class, among whom due attention to the food, clothing, exercise, and air, is not had, medicine to regulate the disordered bowels may be needed. In some diseases, there is brittleness of the bones; a condition the very reverse of softening of the solid parts of the system. In this affection there is an excess of the salts of lime. This is the case with some persons advanced in life, and occasionally among the young; such bones fracturing from slight blows and falls. In such cases, the union is not so readily effected, as in persons whose system and vital powers are different.

Another prolific cause of diseased bones is compression. This is too frequently seen in cases of curved spines, to need comment.

CHAPTER II.

THE MUSCULAR SYSTEM.

Beneath the fat found under the skin is presented the tissue named the muscular. In common language, this is called the lean meat, or flesh of the system. Each muscle is composed of minute fibres, or threads, each fibre however small it may be, being surrounded by a semi-transparent membrane. They are bound together and form by their union a muscle, terminating at either extremity by a smooth, silver-like tendon. These tendons attach themselves to the enlarged extremities of the

EXPLANATION OF FIG. 2.

"*a*, upper portion of the *trapezius*; *i*, *sterno cleido mastoideus*; *d*, the *deltoid* portion of the *trapezius*; *f*, the *latissimus dorsi*; *n*, *n*, *n*, *n*, portions of the latissimus, rising by digitations from the ribs; *g*, and *b*, tendinous continuation of the latissimus into fibres of the gluteus maximus; *h*, the deltoides muscle, to raise the arm; *k*, *e*, *m*, the infra spinatus, belonging to the shoulder; *c*, the clavicular portion of the deltoides; *l*, the intermingling of the fibres of the gluteus maximus and latissimus dorsi.

bones. By boiling a piece of lean meat, these threads can be distinctly seen covered with their cellular membrane, and also the termination of the mass of fibres into a firm resisting tendon, and the attachment of the tendon to the bones. The arrangement of the muscles of the ox is similar to the formation and structure of the muscles in man, which can be examined by all.

The Figure opposite gives a beautiful view of the exterior muscles of the back and side when the skin and fat have been removed.

There are abont 400 muscles in the system, attached to the 250 bones. They are arranged in pairs, with a few exceptions ; that is, if there is a muscle of a certain form, and in a certain position in one arm, there will be found one of a similar form and position, in the other. This arrangement of the muscles renders the system symmetrical, and relieves the sharp prominence that the bones would otherwise produce. In muscular, hard working men, the rounded outlines of the playful and healthy child, or beauty of the female form, are not seen, because the interstices between the skin and muscles are not filled with fat. Among the working men, those of rounded limbs have more of the adispose matter, than those of the opposite character.

Contraction, followed by relaxation, is a fundamental law of the muscular system. The necessity of relaxation when a muscle has been called into action, is seen in the example of a boy extending his arm with a book in the hand as a punishment. The boy cannot keep the arm extended but a little time, make what effort he will. It is seen in the restlessness and feverish excitement that is evinced by persons gazing on troops during days of review. The same is noted in going a shopping. Such employments calling into action the muscles that support the spinal column in an erect position. This languor, or uneasiness, is muscular pain. The long continued tension and stretching of a muscle enfeebles its action, and eventually destroys its contraction.

Let a person carry a heavy weight in his hands as far as he is able, then lay it down. An attempt to raise it

immediately will seem almost impossible. The reason is, that the muscles have lost their tonic contractile power by the continued tension, as is seen in the overbent bow that has its elasticity destroyed by being overstrained. A similar effect of over-distension is also seen in India rubber, if stretched for a time it loses its power of retraction. Exhaustion is the inevitable result of continued tension and muscular contraction. For example, let a lady ply the needle quickly for some hours, the muscles of the back and right arm become exhausted, indicated by a sense of weariness in the back and arms. A change of employment and position, would call into action a different set of muscles, and this relieves the exhausted organs. Much more labor will be accomplished by taking time to relax the used and exhausted muscles. This is true, also, of the horse and ox ; and it is applicable to all kinds of employment. A disregard to the law of the muscles, is attended with weighty consequences.

In school, the small children, after sitting a short time, become restless. Change their position, and their imperfectly developed muscles will acquire tone, and again will support the spinal column erect without pain. This compelling the child to sit erect, for a long time, is an evil practice. If it is not immediately noticed, it will develope itself, in after years, in distortions of the spine.

If the air is impure in the school room, the muscles will soon become fatigued. The same is true of work shops, churches, &c. The ventilation of the Exeter Hall, in London, is so arranged, that between four and five thousand can be seated for hours, and the air still remain pure. Four hours' sitting in such a hall does not cause so much muscular and mental fatigue, and injury to the system, as two hours' sitting in our common churches, and school houses, where ventilation is not attended to.

The frequent intermissions, or recesses, in schools, are founded on this organic law of the system. The younger and feebler the pupils, the greater the necessity for frequent recesses. I would not have the teacher here think, that one half of her time, at least, should be spent

in giving her pupils intermissions, or the mother, that her daughter is going to school to play. But I argue that recesses should be had, and let them be short and frequent, for small and feeble scholars. If such was the practice, the young misses, or daughters, would not complain of weakness in the spine and limbs, and a dislike for school. In sitting, pupils seldom sit erect, but are inclining on the one side or the other. If this habit was broken up by frequent change of position, there would not exist so many deformities. Another influence, injurious to muscular action is, in having the garments so tight, or "snug," as to prevent perfect freedom of action.

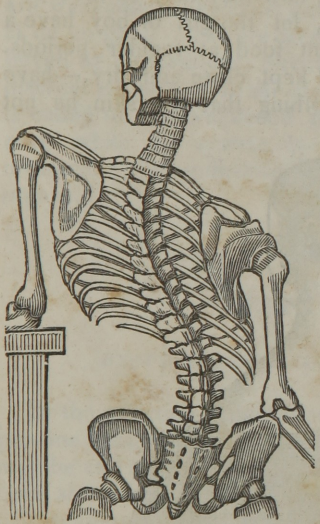

Fig. 3.

This cut represents the condition of the spine, or back bone where projections of the shoulders are seen, or where one shoulder grows out. In these cases there is always a lateral curvature of the spinal column. And usually two curves as seen in the cut.

The ribs or side at the lower part of the chest hollow in, and on the other side they project,—one hip likewise projects.

When the muscular system has become enfeebled and deformities exist, there is a resort to rachets and corslets, steel and whalebone jackets. But what effect does such apparatus have upon the patient. At first, she can sit erect without effort of a muscular character. Seemingly to the eye of friends her form is improved; this gives

them pleasure. At the end of twelve months, if you remove the supporting apparatus, it will be with difficulty that she can stand, or sit erect. And why? Simply because the first cause of muscular debility is not removed, and it is often much increased. As long as the cause is not removed, the effect will continue. The primary cause of the projection of the shoulder blade, seen so frequently among the fashionable ladies, is debility of the muscles of the back, followed by a lateral curvature of the spinal column; which also induces a projection of the anterior part of the chest upon the opposite side. The practical question may be asked, how may such deformities be prevented, and if they exist, how may they be relieved? To the first we will answer, let the girl or boy have a sufficient quantity of nutrient food at regular periods. Let the skin and clothing be kept clean and dry,—have the child wear sufficient clothing that the skin be not

Fig. 4.

The above is a cut of a fashionable lady, with a genteel deformity. In this case there is curvature of the spine, (see fig. 3.) Such persons have been in what is called good society.

chilled, let the dress be loosely worn, have the room where the child sleeps, plays, studies, or works, well ventilated, let the muscles be used, alternated with rest, but not either a long time without a change of position; and whatever is done by the child, have it done in a cheerful manner; and always when the child sits or stands, have the erect position strictly observed.

Such a process is simple, and secures health to the system of the child. The remedy when deformities exist, consists in an observance of the above-mentioned items. In addition, kneading, shampooing, and friction to the muscles that extend up and down the spinal column. Hence friction does great good, as it is these that are weakened. Friction and applications, to the scapula do no good. Severe pain and ulceration, must be relieved by applications, directed by the understanding and discreet surgeon. In all cases where mechanical support is called to aid weakened organs, it is only to give support while the system is invigorated by appropriate measures; thus indirectly giving tone to the weakened organs.

CHAPTER III.

DYSPEPSIA AND LIVER COMPLAINT.

In the affection called liver complaint, dyspepsia, &c., persons usually have some coat upon the tongue; and it may be red at the edges, and sometimes smooth. They have also sourness, and flatulence, or wind in the stomach, tenderness and a sinking or "goneness" at the pit of the stomach, or epigastric region, rigidity of the muscles of the abdomen. Sometimes the muscles are relaxed; there is costiveness sometimes, alternating with diarrhea; there may be shortness of breath, and cough, fullness about the head, and headache, pain and weakness of the back, sides and stomach. This state of the internal organs, and these symptoms, are attended with a sallow,

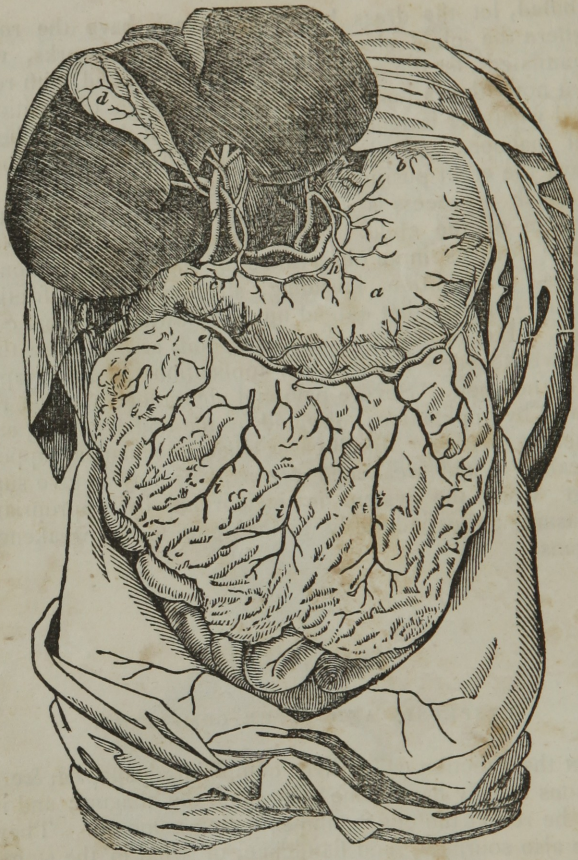

Fig. 5.

"In this view of the abdomen, *d* is the gall-bladder, lying on the under side of the liver, the dark mass to which it is attached; *h* is the *coronary* artery, which supplies the stomach, *a*, *b*, *c*, with blood. The curve of the stomach is well shown. *e e*, the arteries which supply the caul, marked *i i*, which falls down from the front of the stomach, over the intestines, like an apron; *g*, a vessel of the liver. The *pancreas* is behind the stomach."

pale, dry skin, often covered with *branny* scales, cold feet and limbs. The question may arise, can this disease be prevented, and if it exists, can it be removed ? It can be prevented, by attending to the condition upon which the health of the skin, muscles, digestive organs, lungs, and brain depend. These means, pursued from childhood to old age, will throw an invincible Ægis before the direful malady, dyspepsia.

To remove the complaint, it is necessary to attend to the same conditions as assiduously, as to prevent it, not omitting the observance of them a single day ; adapting the amount of clothing, food, and exercise, to the strength and powers of the weakened organs of the system. As there is costiveness, and a confined, inactive state of the bowels, a judicious combination of tonics, stimulants, and aperient medicines, would assist the powers of the weakened organs of the system in removing the disease. Take quassia 1 ounce, peppermint herb 1-2 ounce, epsom salts 1-2 an ounce. Steep in one pint of water. Of this, take a dessert spoonful before eating. In some instances, the mild preparation of iron would be good, united with mild aperients, and anodynes. Take of prussiat of iron 30 grs. aloes pulverised 10 grs. ext. cicuta 10 grs. Ipacac 5 grs. oil of peppermint 10 drops. mix and divide into thirty pills. Take one morning and evening. This can be used with propriety, under the advice of the understanding physician. All can prevent disease without medical advice, but all cannot rid themselves of the same, without the advice of the educated medical men.

In these cases mechanical support by the aid of a well adjusted spino abdominal supporter would be of untold advantage, and will many times cure without any medicine.

CHAPTER IV.

CONSTIPATION.

Constipation, or costiveness, is a desease exceedingly prevalent among the American people, particularly the ladies. It is a kind of disease that induces other complaints, as the last described disease of the liver, stomach, headache, &c. Hæmorrhoids, or piles, is another serious complaint, caused by the inactive and costive state of the bowels. This disease often alternates with diarrhea. Sometimes a costive and diarrheal state of the bowels coexist. In such affections, the alvine matter accumulates in the large intestines or colon, (see fig. 6), and oftentimes this accumulation is very great. When voided, it is dry and hard, like small balls, hence it has received the name of scybala, which is a source of much irritation to the intestinal canals. The prevention of this disease is a great and important desideratum in the community. It is of equal importance, if not paramount with a knowledge of the method of cure.

The food taken should be what is termed loosening, as the ripe fruits, brown bread, rye and indian mush, or pudding, eaten with molasses ; stated periods to evacuate the bowels daily ; and also vigorous exercise in the open air. To effect a cure of this complaint, it is first necessary to remove the causes, whatever they may be. If there is an insufficiency of exercise, obviate it by taking a greater amount. If it is the diet, a change should be made in the article of food taken. If the habits of attending to the evacuation of the bowels, the ablution and clothing of the skin, the ventilation of the workshop, or

sleeping room, have not been proper, correct them. In addition, the enfeebled organs may require assistance. To do this understandingly, the condition of the diseased parts should be inquired into. The retained matter being dry, indicates that the fluids separated from the blood, are not thrown out in quantities sufficient to render it soft and soluble, and its being voided with ease. Again; the retention of the alvine matter, indicates that the tone of the muscular fibres of the intestines has been diminished

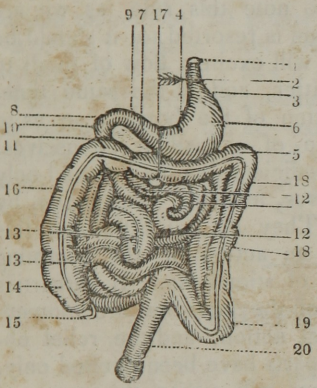

Fig. 6.

"1, The œsophagus, or swallow perforating.

2, The left opening of the diaphragm.

3, The cardiac orifice of the stomach.

4, The small curvature of the stomach.

5, The great curvature of the stomach.

6, The fundus of the stomach.

7, The pyloric orifice.

8, The duodenum, divided into three portions.

9, The ascending,

10, The transverse, and

11, The descending, portion.

12, The jejunum, forming three fifths of the small intestines, distinguished from the ilium in being thicker, more vascular, larger, and having more valves.

13, The ilium, forming less than two fifths of the small intestines, and terminating in the cæcum, having two valves at the entrance.

14, The cæcum, the first of the large intestines, situated in the right, having attached to it

15, The appendix vermiforms. The cæcum terminating in

16, The ascending portion of the colon, which directs its course from the cæcum towards the stomach, connected to the right kidney by a fold of the peritonæum.

17, The arch of the colon, traversing the abdomen beneath the stomach.

18, The descending portion of the colon, directing its course towards the left region, connected to the left kidney by a fold of the peritonæum.

19, The sigmoid flexure of the colon, situated in the left iliac region, and terminating in

20, The rectum."

and that they are wanting in contractile energy, which has been destroyed by over-distension. Thus it is seen that medicines and means are necessary to restore the secretion, and impart tonic contractile power to the weakened and released parts.

Kneading and shampooing the bowels, as advised and practised by Halsted, will be found highly beneficial, as they excite an action in them. Laxative food is another means. Efforts to have evacuation at regular periods, is of great importance, and the child should be learned from the earliest infancy, to note this rule, as we are beings of habit. If medicine is resorted to, it should be of such a character that it will excite a flow of fluids to soften the retained fecal matter, and at the same time, increase the peristaltic motion of the bowels, so as to render them better capable of unloading themselves. Tonics alone, would be inefficient, as they would only act upon the muscular fibres, inducing contraction, by giving tone to the parts. They do but little, and this little indirectly, to excite an action of the secreting glands. The same is true of stimulants. If cathartics are resorted to, the glands of the intestines are momentarily excited to an unnatural action, and the relief obtained is not lasting. The parts have been excited only, and not strengthened, as rum will excite the system of the drunkard to action, but it does not give permanent strength. The system is always made weaker by alcohol, so are the parts involved in costiveness left weakened by the cathartic, and the disease is only increased. The parts need steady and mild stimulation, that the tone and strength may be permanently increased. Cutter's patent spino abdominal supporter by its judicious combination of springs imparts an easy and mild stimulation to the bowels. In the cure of costiveness it is a cheap and efficacious remedy. It should be used by all so afflicted. In the treatment of this affection, the clothing, ablution, food, and exercise, should be similar to that of other chronic affection of the intestines.

Whatever medicines are used, they should be given in small quantities, that nature may perform her work, with

as little assistance as possibie. Most of the pills recommended by the papers, leave the bowels weakened and more confined than before. A judicious combination of medicine, would be the following: Thoroughwort, (or eupatorium perfoliatum,) 1 ounce; peppermint herb, 1-2 ounce; epsom salts, 1-2 ounce. Steep in one pint of water. Take of this, two tea spoonfuls at a time, once in six hours. Continue it for several weeks, using the other means suggested. At night a pill may be taken of the following: Prussiat of iron, 1 dram; extract of conium maculatim, 20 grains; rhubarb root, pulverised, 1-2 dram; Ipacac root, pulverised, six grains, oil of peppermint, 8 drops; mix it together, and divide it into 30 pills. The simple medicine named above, aided by due observance of the air, exercise, food, &c., with the addition of injections of cold water, if pursued from three to six months, will cure, or greatly benefit all cases of costiveness.

CHAPTER V.

PILES.

One of the most painful effects of costiveness, is the hæmorrhoids, or piles. This disease is painful and debilitating, and after it has once been produced, it is very easily reproduced, if there has been a cure of it. It consists of a swelling of some of the small veins, that surround the lower part of the intestines, called the rectum. (See fig. 6. no. 20.) These swelled veins form tumors, that sometimes present themselves externally; the affection is then called the open piles. In other instances they are just within the verge of the rectum, the disease is then called the internal, or blind piles. If the tumors bleed, then they are called the bleeding piles. Many things may cause this disease. It is very rare that a case of piles is found, that has not been, or is not attended with costiveness, or this, alternating with diarrheal

discharges. And so universal does this cause operate to induce the piles, that it may be said with propriety, to be the cause of the hæmorrhoids, and that costiveness is the disease to be prevented, to prevent the piles ; as costive, or loaded bowels, make a pressure upon the veins of the rectum. These veins being pressed upon, enlarge, as the veins of the arm do when a tape is drawn around them in bleeding. Being kept full, these coats yield, and small tumors protude. The veins of the arm will not diminish in size, until the pressure of the ligature is removed. So with the veins in piles, they will not decrease, until the costiveness is removed. The method of relief, or cure, is partially described in the section upon the liver complaint and costiveness. In addition to the means of preventing this affection, the avoidance of cathartics, as the patent pills and aloetic bitters, should be sedulously observed. All articles irritating and inflaming these vessels, should not be taken.

Besides the means recommended in the section on constipation, the chewing of small bits of rhubarb, of the size of a pea, several times each day, swallowing the spittle, and dissolving a piece of alum in the mouth, of about the same size, and taken in the same manner, would be beneficial. For an outward application, an ointment, of an anodyne and astringent character, would be beneficial. The following would be good : fresh lard, 1 ounce ; pulverised nut galls, 2 drams ; opium, pulverised, 1 dram. Mix them well together ; apply this to the tumors, three or four times each day. By these means relief is always obtained, and in many cases a radical cure. In no case will the medicine be of much avail, if the condition named in the section on costiveness, be not observed. The medicine advised should be put up, and taken under the direction of a well-informed, common sense physician. This will be prudent, as one person will require one quantity, and others a different amount, to produce the same result. The other observances can be reduced to practice by all.

The kidneys, bladder, and their appendages, are often diseased, and most frequently the disease is termed

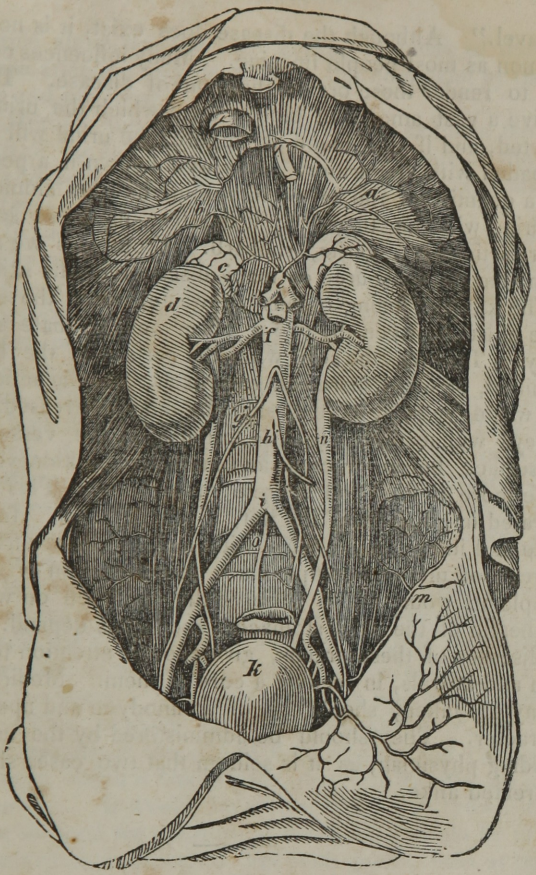

Fig. 7.

"In this, *a* and *b* show the tendinous part of the diaphragm or partition between the chest and abdomen: *d*, the kidney, with its fellow opposite; *f*, the *descending aorta; h*, an artery given off for the intestinal tube; *i*, where the great artery divides, to send a branch to each leg; *g*, the ascending great vein, conveying blood to the right side of the heart; *c*, the *capsule*, so called, belonging to the kidney, the use of which is unknown; *n*, the *ureter*, a tube which conveys the urine from the kidney to the under side of the bladder, where it terminates. The right ureter is seen on that side, also terminating in the bladder, *k*, *m*, *l*, are arteries; *o* is a small artery, which runs down, on the bone, into the pelvis."

"gravel." Although the disease does exist, it is not as common as most people imagine. Many influences combine to render these organs the seat of disease. They receive a vast amount of blood, from which the urine is secreted, and if this blood is impure, the urine will also be loaded with impurities. It is well known if a person take a quantity of the oil of turpentine into his stomach, the urine will be tinged by it in a few minutes; so of other articles, as garlic, rhubarb. From this we may learn, the fruitful source of many diseases of the skin.

The kidneys being organs of waste, as is the skin, there exists between the two a close and intimate sympathy. This may be seen when the surface of the body is chilled, or when there is a great heat. If the action of the waste vessels of the skin be much increased, the kidneys will secrete but little urine. If the vessels of the surface be contracted, and inactive, the kidneys become more active, and secrete more urine. This is illustrated in going from the hot, to the cold air. Inadequate and improper clothing, with impure air, are fruitful sources of urinary complaints. A prevention of these complaints would be to observe the condition on which the health of the skin, stomach, and lungs depend. In all diseases of these organs, give special attention to the skin and bowels, in seeking a cure of them. Medicines, if any are taken, should be of an anodyne and aperient character. They should be administered by the understanding physician, as it is seldom that two cases should be treated alike.

CHAPTER VI.

HERNIA.

The disease termed *hernia*, rupture, and sometimes a breach, is exceedingly common, and confined mostly to males. Probably one-fifth, or one-eighth of the laboring men suffer from this infirmity. Many females and chil-

hernia alone was the true cause. I speak of this, that more attention may be given to this complaint by the people and physicians.

Mothers and nurses should carefully examine the lower part of the bowels, and upper anterior part of the thigh, in children, to see that no hernia exists, if they have tenderness and pain in the bowels.

In the primary stage there will be pain and tenderness at the point of the rupture. The intestines may protrude in considerable size, or they may not. If there is this sensation at the lower and anterior part of the bowels, or upper part of the thigh, upon its anterior part near the groin, attended by a tumor, immediately call upon a surgeon, and have an examination. Let this be observed, by both man and woman. In most instances they can be cured, if properly treated at the commencement of the disease. In all cases of hernia, it jeopardises life, as soon as it becomes strangulated; hence the importance of having it seen by a surgeon at the onset, and a well adapted truss applied immediately.

In making efforts to return the protruding tumor, the parts at first should be relaxed as much as possible, which is effected by moderately bending the body upon the hips. The next object will be, the reduction of the parts forming the tumor. This is done by an operation called taxis. This requires tact and peculiar care, as the tumor may be of the size of a goose egg, and the aperture through which it has to pass, may not be half an inch in diameter. It would be as impossible to crowd the tumor through the aperture at once, as it would be to put a handkerchief through a half-inch gimlet hole at one effort; but commencing at one corner, it may be easily drawn through. So can the hernia be reduced in a similar manner. A small portion must be passed up at a time, commencing with the part near the opening, close to the body. If pressure be made upon the whole tumor, the effort will be an ineffectual one. This pressure should be made with the end of the thumb and fingers, grasping the neck of the tumor, making moderately firm pressure upward and outward, in the direction of the canal through

which the parts have passed. If a small portion can be returned, the whole will. The effort should not be persisted in but for a short time, for active inflammation of the bowels may be produced by the pressure. Under such circumstances, send for a good surgeon, as the life of the individual is endangered. If he does not succeed in reducing the tumor, after relaxing the system by bleeding, and the warm bath, &c., a surgical operation gives the only hope of saving the patient. In selecting trusses, obtain one that fits the person, or get none ; as the design is to give no pain, and support the parts. Let the pressure be as light as it can be, and retain the intestines in their place.

In all cases of hernia at the umbilicus (d, or c, fig. 8,) in girls, a truss should be early worn, as a rupture is a very great evil to a woman when she becomes a mother.

CHAPTER VII.

EFFECTS OF MASTURBATION ON WOMAN.

"It is a very common error," says Mr. G. Combe, "to imagine that the *feelings* of the mind are communicated to it through the medium of the *intellect;* and, in particular, that if no indelicate objects reach the eyes, or expressions penetrate the ears, perfect purity will necessarily reign within the soul ; and, carrying this mistake into practice, some are prone to object to all discussion of the subjects treated of under the 'Organic Laws,' in works designed for general use. But their principle of reasoning is fallacious, and the result has been highly detrimental to society. The *feelings* have existence and activity distinct from the *intellect;* they spur it on to obtain their own gratification ; and it may become either their guide or their slave, according as it is, or is not, enlightened concerning their constitution and objects, and the laws of nature to which they are subjected."

The Boston Quarterly Review, for April, 1842, in

speaking of Mrs. Gove's Lectures to Ladies, on Anatomy and Physiology," says "She has ventured to treat some matters, on which many have thought it most prudent to be silent; but while we have been keeping silence, the evil has been growing; and we know no reason in the world, why we should not struggle to save the community from the deplorable effects of pollution, especially self-pollution, which extends far, and is practised by those whose moral principles would recoil with horror from what Mrs. Gove calls *social* licentiousness. Masturbation does more than any other cause, perhaps than all other causes combined, to people our lunatic asylums; and sincerely do we thank Mrs. Gove for daring, in our falsely delicate society, to raise her warning voice, which she has done, and in tones which can offend no body."

Wm. C. Woodbridge, in the 'Annals of Education,' speaks of this as "a topic in Physiology which artificial modesty has covered up until a solitary, but fatal vice is spreading desolation through our *schools* and *families* unnoticed or unknown."

Dr. Woodward, the distinguished Superintendent of the Hospital at Worcester, has done much to bring this subject before the public, in his Reports of the Institution and in other ways. I shall here quote a few remarks and the three following cases, from Dr. Woodward's "Hints for the Young," a highly valuable little work, published by G. W. Light, Boston.

"That the evil is wide spread and exceedingly injurious to the young, cannot be denied or doubted. Its effects upon physical strength and constitutional stamina, are very prejudicial.

"Its influence in prostrating the mind is no less appalling. Consumptions, spinal distortions, weak and painful eyes, weak stomachs, nervous headaches, and a host of other diseases, mark its influences upon the one—loss of memory and the power of application, insanity, idiotism, show its devastating effects upon the other.

"It is equally opposed to moral purity and mental vigor. It keeps up the influence of unhallowed desires; it gives the passions an ascendency in the character, fills the

mind with lewd and corrupt images, and transforms its victim to a filthy and disgusting reptile."

Cases from the above mentioned Work.

"About two years ago, a young woman, aged twenty-two years, came under my care, in a state of the worst form of insanity. She was furious, noisy, filthy, and apparently nearly reduced to idiocy. She had been in this condition many months, and continued so for some time while with me. She was pale and bloodless, but had little appetite, frequently rejecting her food, and was reduced in flesh and strength. Finding her one day more calm than usual, I hinted to her the subject of Masturbation, and informed her that if she practiced it, she could not get well—if she abandoned it, she might. She did not deny the charge, and promised to follow my advice strictly. In two or three weeks from this time, she was perceptibly better; her mind improved as her health gained; and both were much better in the course of a few weeks. The recovery was very rapid in this case. At the end of six months she had excellent health, was quite fleshy, and became perfectly sane, and has continued so, as far as we have known, to this time.

"In the Spring of 1837, I was consulted by the father of a young woman who had, for four years, been in the worst possible condition of health. She had consulted many eminent physicians, who had prescribed remedies and regimen for her without benefit. On first seeing the patient, I was impressed that the cause of her illness had not been understood, which had rendered all remedies unavailing. Upon inquiring of the patient, I found that she had been the victim of self-pollution. I cautioned her to abandon the practice, prescribed some remedies, and saw her no more.

"More than a year from the time of seeing her, I heard directly from her parents, who sent me word that she had entirely recovered her health and energy of mind, and that my prescriptions had entirely cured her.

"Not long since a case of periodical insanity came

under my observation, the subject of which was a young lady. The disease had existed ten years without any material change. Suspecting that masturbation was the cause, I directed her mother to ascertain, if possible, and inform me. Some months after, I received intelligence that my patient was better, and that my suspicions of the habit were confirmed by the observation of her friends; the case is not without hope, although so long standing, if the cause is removed.

"Three or four similar cases have been under my care recently, in which individuals of the same sex have been reduced to the same degraded state. They are now, and will continue to be, while life remains, a melancholy spectacle of human misery, without mind, without delicacy or modesty, constantly harassed by the most ungovernable passion, and under the influence of propensities excited to morbid activity by a vice far more prevalent than has been supposed. A large proportion of the "bed-ridden" cases, of which there are so many in the community, will be found to have originated in this cause."

I shall here make some extracts from Mrs. Gove's "Lectures to Ladies, on Anatomy and Physiology," an excellent work, by the way, and one that every female would do well to read.

"No form of nervous excitement is so injurious as solitary vice. * * * That the unnatural, precocious, or excessive developement of the sexual instinct is disease, as much as fever, and should be treated as such, I am fully persuaded.

"About eight years since, my mind was awakened to examine this subject, by the perusal of a medical work that described the effects of this vice, when practiced by females. This was the first intimation I had that the vice existed among our sex. Since that time, I have had much evidence that it is fearfully common among them.

"There is reason to believe that in nine cases out of ten, those unhappy females who are tenants of houses of ill fame, have been victims of this vice in the first place. Were this the peculiar vice of the low and vulgar, there might be more excuse for the apathy and false delicacy

that pervade the community respecting it. But it invades all ranks. Professed Christians are among its victims.

"Our boarding and day schools are sources of untold mischief.—A short time since, two sisters, ladies of the first respectability, informed me that when very young, they were put to a female boarding school, where this vice prevailed, and the practice was explained to them. They were blessed with parents who were willing to converse with and warn their children, and they escaped the contamination.

"The following statement," continues Mrs. G., "was given me by a lady of great worth and intelligence."

"My Dear Mrs. G.—You request an account of my case. I little thought once that I should ever communicate my fearful experience to any one. But a sense of duty to my fellow creatures makes me willing to give the facts in my case; and if only one is warned and saved from the misery it has been my lot to endure, I shall greatly rejoice.

"My early education was religious and guarded in the extreme. I was taught early to repeat a prayer every night; and the Holy Scriptures were my almost constant companion. My parents never warned me against licentiousness, either social or solitary. It is true, social licentiousness was alluded to as a very shameful thing.—Solitary vice was never mentioned. My parents being people of property, I was delicately reared, and took very little exercise; doing little work with the exception of nice and very laborious embroidery. I have little doubt my sedentary habits were a great injury to me.

"My parents were very luxurious in their mode of living, using much animal food and large quantities of the different condiments. As nearly as I can recollect, I became addicted to solitary vice at about the age of nine years. I was never taught the vice. Previous to this time, I think I had enjoyed as much health as most children—perhaps more, for my constitution was always considered unusually firm.

"At about 12 years of age, my health began to fail:

I became dyspeptic and nervous. I often awoke in the morning bathed in tears ; and the most indescribable and horrible sinking of spirits was my portion during the forenoon. If I committed any little mistake or fault, the recollection of it would haunt me for days, and make me superlatively wretched. I became pale as death, weak, feeble and emaciated. I had severe palpitation of the heart, pain in the side, and many symptoms of consumption. I had also, much of the time, distressing pain in the head I had much dizziness, and my sight would often become entirely obscured, especially when I stooped and rose quickly. My parents were much alarmed about me, and the best medical advisers were called. They termed my disorder *Chlorosis*, and they gave me different powerful medicines—calomel, brandy and iron, and let blood till my arms were frightfully scarred.

" During all this time, I was practising solitary vice to a great extent. My conscience often told me it was wrong, but the force of habit prevailed against my better feelings, and I continued to commit this sin against my body and soul. Social licentiousness I had learned to consider as a dreadful crime, and I should have recoiled with horror from the deed. O that some one had arisen then like yourself, to warn young women—to tell them that solitary vice was sin, was adultery as well as social licentiousness. O how much misery I should have escaped, and not I alone, but numbers of others, had this been done. But no one raised the warning voice.

" For several years I continued in wretched health. My father traveled with me, and spared no pains or expense in purchasing gratifications, and in procuring the attendance of physicians. But at last relief came, God in his Providence raised up that blessed man, Dr. Graham, and opened his mouth to speak on this subject.

Mrs. Gove, in her lectures, before mentioned, says, " I am unwilling to leave this subject without calling attention to the diseases which are caused by this habit. There is hardly an end to these diseases. Dyspepsia, spinal disease, headache, epilepsy, and various kinds of fits which differ in their character according to the degree

of abuse and consequent disease, of the nervous system. Impaired eyesight, palpitation of the heart, pain in the side, and bleeding at the lungs, spasm of the heart and lungs, and sometimes sudden death, are caused by the indulgence in this vice. Diabetes, or incontinence of urine, fluor albus or whites, and inflamation of the urinary organs, are induced by indulgence in this practice. Indeed, this habit so diseases the nervous system and through that the stomach and the whole body, that almost every form of disease may be produced by it; though these disorders may arise from other causes, and may afflict those who have never indulged in the habit."

"Consumption, or phthisis tubercularis," says Deslandes, "is, in fact, one of the diseases caused most frequently by masturbation. It is commenced in most cases exactly at that age when the chest enlarges in every direction, and which phthisis seems to prefer. How many young persons have been victims to their unhappy passion. Physicians find those every day, who remain imbecile, or are so enervated, physically and morally, that they barely drag along a miserable existence; others die with marasmus, and many with phthisis pulmonalis. Those persons who indulge in this practice are generally remarkable for the imperfect developement of their thorax, and for the promptitude with which the least exercise renders respiration difficult and hurried. Almost all these individuals contract chronic catarrhs, or more serious affections of the pulmonary organs; and finally perish in a complete state of phthisis."

Of course there are numerous other causes of consumption; but the fearful prevalence of 'lung complaints' at the present day should lead physicians to regard every thing productive of this wide-wasting disease.

Nervous diseases. All medical authors agree in considering this and kindred abuses a fruitful source of nervous affections. Deslandes remarks that, "Diseases of motion, sensation or of intelligence, that is, of the faculties which are situated in the nervous system, are in fact the most common consequences of masturbation. How many persons of every age complain of being extremly

nervous. Some know that this depends upon their own conduct, which they deeply regret. Interrogate them, and many will admit the excesses of their youth. I have rarely neglected to verify this remark, and the responses have generally confirmed my suspicions. These individuals are seldom free from disagreeable feelings, from pain and inconvenience of some kind. Their symptoms may vary extremely, and change very suddenly, but they are generally or always indisposed one way or another. This can be readily imagined ; every thing affects them—cold, heat, dryness, moisture, rain, snow, food, drink, exercise, rest, in fact all these modifying circumstances find in them an organization ready to be acted on."

An English author, in speaking of those addicted to this habit, says, " It renders them stupid, dull and melancholy, and destroys all their vivacity, cheerfulness and health ; it brings on consumptions, weakness, barrenness, and all that dreadful train of *nervous* complaints, which makes them timid, whimsical and ridiculous."

Dr. Hutchins, of Brooklyn, remarks in a letter as follows: " In my own practice I think I have seen the following results of masturbation,—prostration of strength, paralysis of the limbs, hysterea, epilepsy, strange nervous affections, dyspepsia, hypochondria, spinal disease, pain and weakness in the back and limbs, costiveness—and in fine, the long and dismal array of gastric, enteric, nervous, and spinal affections, that are so complicated and difficult to manage."

It would be absurd to intimate that these and other diseases mentioned are *always* caused by this degrading vice ; but that they *often* are, there is abundant evidence to show.

Diseases of the heart—palpitation and convulsions, dilation and rupture of the vessels, also rupture of the vessels of the lungs, suffocation and instant death—determination of blood to the brain, and death by apoplexy, have been caused by continued excitement and excessive abuse of the reproductive system.

" Another convulsive affection, St. Vitus's Dance," says Deslandes, " has sometimes been caused by this

habit. Inflammation, also, and the fluor albus, resulting from it, is most generally, at least in young girls who have not arrived at puberty, a consequence of self-abuse. I am convinced, too, that if it were possible to arrive at the facts, we should find that the cause of fluor albus in adults was either recent or former abuses. Whenever I have addressed females on the subject, to ascertain this fact, my conjectures have been verified."

This agrees with Dr. Woodward's opinion. "In females," says he, "leucorrhœa or fluor albus is often induced by masturbation, and I doubt not incontinence of urine, stranguary, prolapsus uteri, and many other diseases, both local and general, which have been attributed to other causes."

No part of the system seems more readily affected than the eyes, by this nervous excitement. They become weak, irritable and painful—incapable of enduring the fatigue of reading or study ; the sight becomes dim and obscured ; dark specks appear before the eyes ; the optic nerve is sometimes paralyzed, and blindness succeeds.

All that has been said respecting the effects and diseases caused by self-abuse, will apply with equal force to *every excess*, though legal and natural.

Were the physical evils which result from this source, confined to those who cause them, it would be a matter of less consequence. But it is not so ; posterity suffers.

Mr. Combe, in his excellent work "On the Constitution of man," has the following judicious remarks : "An organized being is one which derives its existence from a previously existing organized being—which subsists on food, grows, attains maturity, decays and dies. Whatever the ultimate object of the Creator, in constituting organized beings may be, it will scarcely be denied, that part of his design is, that they should enjoy their existence here ; and, if so, the object of every part of their structure ought to be found conducing to this end.

"To render an organized being perfect in its kind, the first law that must be observed is, that the germ from which it springs shall be complete in all its parts, and

sound in its whole constitution. If an agriculturist sow corn that is weak, and damaged, the plants that spring from it will be feeble, and liable to speedy decay. The same law holds in the animal kingdom ; and I would ask, has it hitherto been observed by man ? Notoriously it has not. Indeed, its existence has been altogether unknown, or in a very high degree disregarded by human beings. The feeble, the sickly, the exhausted with age, and the incompletely developed through extreme youth, marry, and, without the least compunction regarding the organization which they shall transmit to their offspring, send into the world miserable beings, the very rudiments of whose existence are tainted with disease. If we trace such conduct to its source, we shall find it to originate either in animal propensity, or in ignorance, or more frequently in both. The inspiring motives are generally mere sensual appetite, avarice, or ambition, operating in the absence of all just conceptions of the impending evils. The punishment of this offence is debility and pain transmitted to the children, and reflected back in anxiety and sorrow on the parents. Still, the great point to be kept in view is, that these miseries are not the legitimate consequences of the *observance* of the organic laws, but the direct chastisement of their *infringement*. These laws are unbending, and admit of no exception ; they must be fulfilled, or the penalties of disobedience will follow."

If this doctrine is true, and there is no doubt that it is, every thing that tends to entail misery on future generations should be religiously avoided.

The mind suffers no less than the body by this baneful habit. This cannot be otherwise—for if the brain and nervous system are weakened or deranged, the mind is affected accordingly. " Masturbation," says Deslandes, " often produces a very marked debility of the mental faculties, and particularly of the memory. Young persons, who previously showed considerable vivacity of mind and aptitude for study, become, after being addicted to this habit, stupid and incapable of applying themselves. This debility of the intellectual faculties must not always be considered irremediable ; in fact, these in-

dividuals sometimes regain their original acuteness, when the habit which had enfeebled them is discontinued, before the deterioration is of long standing. Unfortunately, the simple cessation of the practice is not always sufficient to efface its effects completely ; and many persons preserve through their whole existence a certain feebleness of mind, which arises from the excesses of their youth. The debility of the intellectual faculties does not always stop at the point indicated ; it may extend almost to idiocy—to the most complete stupidity."

Another gives a case in which the mental faculties were more affected than the bodily health. The patient thus writes : " My enthusiasm is sensibly diminished ; my perceptions are very dull ; the fire of imagination much less vivid ; every passing event appears to me like a dream ; I have less power of conception, and less presence of mind ; in a word, I feel as if I am wasting away, although my sleep, appetite and countenance are good."

Masturbation has been alluded to as an efficient cause of mental derangement. It is not only a fruitful source of insanity, but according to the reports of the hospitals, its victims are of the most hopeless description—the disease often assuming the form of idiocy, dementia, or a destruction, rather than a derangement of mind.

CHAPTER VIII.

PREVENTION AND RESTORATION.

Parents, who are properly informed on the subject, will see the necessity of taking a judicious course with their children. There is no greater folly than to suppose there is safety in silence and ignorance. If this ignorance extended to things that ought not to be known, as well as to those that ought, it would be different. But it is not so ; children become contaminated at an early age. Depraved habits are learned by instinct or acci-

dent, or are taught by corrupt associates. Nurses and domestics have been the secret instructors of children in this vice. The world is full of depravity, and the young cannot but come in contact with it; and if exclusion from all vicious influences were possible, there would then be no safety in trusting to blind instinct; the only hope is in enlightened reason.

A judicious author, in speaking of this propensity, makes the following remarks, "There is no instinct in regard to which strict temperance is more essential. All our animal desires have hitherto occupied an undue share of human thoughts; but none more generally than this. The imaginations of the young, and the passions of the adult are inflamed by mystery, or excited by restraint; and a full half of the thoughts and intrigues of the world have a direct reference to this single instinct. Neither human institutions nor human prejudices can destroy the instinct. Strange it is, that man should not be content rationally to control, and wisely to regulate it.

"It is a question of passing importance—how may it be regulated? Not by a Shaker vow of monkish chastity. Assuredly, not by the world's favorite regulator, ignorance. No. Do we wish to bring this instinct under easy government, and to assign it only its due rank among human sentiments? Then let us cultivate the intellect; let us exercise the body; let us usefully occupy the time of every human being. What gives to passion its sway, and to desires their empire, now? It is vacancy of mind; it is listlessness of body; it is idleness. Develope the moral sentiments, and they will govern the physical instincts. Occupy the mind and body usefully, intellectually, and the propensities will obtain that care and time only which they merit.

"Upon any other principles, we may doctor poor human nature forever, and shall only prove ourselves empirics in the end. Mortifications, vestal vows, bolts and bars, prudish prejudices—these are all quack medicines, and are only calculated to prostrate the strength and spirits, and to heighten the fever of the patient. If we will dislodge error and passion from the mind, we must

replace them by something better. They say that a vacuum cannot exist in nature. Least of all, can it exist in the mind. Empty it of one folly, cure it of one vice, and another flows in to fill the vacuity, unless it find it already occupied by intellectual exercise and common sense. Parents, your fears, your jealousies, have hitherto been on the stretch to watch and guard. Reflect whether it be not pleasanter and better to enlighten and trust."

A little information and admonition may prevent, but the most rigid methods do not always suffice to break up the habit. In this matter if any where, is prevention better than cure.

As to the manner of instruction, it should be easy, kind and frank; not cold, moralizing, or morose. Children are to be looked upon as innocent until informed of the impropriety of such conduct; and of course they should not be treated as criminals, nor even should shame be excited till other means fail.

If parents or teachers find it inconvenient or difficult to converse on this subject, with the young, they can easily put into their hands the necessary instruction and admonition.

Good instruction must be seconded by correct physical education, and proper attention to diet and regimen. An extract will here be made from a highly recommended work, by Dr. A. Walker.

In speaking of the period of puberty, he says, "The habits contracted at this age are very powerful, and intimately connected with future health or disease. Hence at this age the importance of useful guidance.

Every effort ought, of course, to be made so to direct young persons, that they may be least exposed to the evils that now beset them.

Those who are too robust should be occasionally confined to a more meager diet; and all exciting substances which accelerate precocity should be carefully shunned, such as chocolate, ragouts, meat suppers, and vinous or spirituous drinks. The latter are indeed, of themselves, sufficient to produce, at any time, the worst habits; and the parent who has suffered their use, has no right to com-

plain either of precocious puberty, or of unnatural indulgences.

The habit of cleanliness, practised from the earliest youth, becomes a valuable corrective at puberty. Cold ablutions diminish the sensibility, which must otherwise do mischief.

An important subject of observation is clothing and the necessity of habituating young people to cold. Young persons should not be permitted to lie on down beds ; nor if long sedentary, to sit on soft chairs, to which rush or wooden bottomed ones are greatly preferable. Neither should they be allowed to remain in bed longer than requisite, or to lie down needlessly on couches.

To young women, exercise will be frequently necessary to prevent attachment to fanciful objects, as well as the tendency to dwell on those subjects which it is desirable to avoid. Activity, so necessary to an equal distribution of the nutritive juices, must be fostered by all means. It is evident that if, in youths, the superabundance of the nervous power were carried off by exercise, they would be rendered more tranquil and more attentive to instruction, and would consequently make greater progress in knowledge.

" If a young person gives unequivocal signs of excessive sensibility, all books depicting exaggerated sentiments must be withheld. The reading of fashionable novels is sure to falsify the judgment of the young by the most absurd exaggerations, to render their duties distasteful, and even to predispose to disease.

" Even the study of the fine arts may render the imagination too active. Of these, drawing is the least objectionable ; and music, being the language of passion, is the most dangerous, especially music of the more impassioned and voluptuous nature.

" A better means of discouraging the passions, is the cultivation of the intellectual faculties. Great advantage would result to a young girl, from the study of history, geography, and the various branches of natural history, pursuits which at once dissipate the passions, and are useful to rural economy, and many of the arts of industry.

"For the sake, indeed, of the powerful influence which maternal education has on progeny, all the faculties with which reasoning, calculation, the mechanical and various positive sciences are associated, should be in some degree employed; and on such subjects, habitual exercise of the memory would usefully engage much valuable time and prevent all injurious use of it.

"On the important subject of example, it need scarcely be said, that young persons are sure to observe and interpret any loose joke, or indecent language that coarse-minded people utter before them. Nor less carefully ought the example of improper conduct to be guarded against.

There is no better way to prevent those habits and abuses, which are destructive to the health and constitution, than to study Physiology—the science of the human system. Hence, every female should inform herself upon the subject, as one of the utmost importance to the well-being of the present, and of future generations.

Mr. Combe, when lecturing in this country, related an incident illustrating the beneficial effects of such knowledge. He said he had often cautioned some of his female pupils, against the habit of compressing the waist; but they paid little or no regard to his advice. At length, at a convenient opportunity, he took occasion to show them the internal structure of the human chest—the heart, and the lungs, with their delicate texture; and explained the effects that compressing the waist had upon them, and the fatal consequences to which it might lead. It had the desired effect. The young ladies *saw* and believed; and he had no farther occasion to admonish them.

If such is the value of a little personal knowledge, by all means let our females be thoroughly enlightened upon Physiology and the laws of health.

But notwithstanding the importance of correct physical education, still more important is purity of mind; for the body is but the servant of the mind, and will obey its dictates. Vicious conduct never appears till the mind has become corrupt. Numerous causes tend to deprave the feelings, and pollute the imagination; conversation,

books, pictures, the light reading that covers the land, in the form of novels, magazines, papers, filled with stories, tales, verses, all spiced with love or grosser sentiments, to adapt them to the popular taste.

The only safety amidst such influences, is an earnest desire to escape contamination, a sincere love of virtue, and a firm determination to check the first risings of impure thoughts, and to avoid every thing that may excite them. Usefully employ the mind, cultivate virtuous principles and purity of heart in the sight of Heaven, and bring all the motives, physical, moral and religions, to aid in establishing the nobler sentiments in the mind.

The restoration of health, when lost by this cause, must be effected by such means as will remove nervous irritability, repair the nutritive functions, and increase the tone and vigor of the system. In ordinary cases, if indulgence be totally avoided, and rigid self-government be maintained over body and mind, the evils will be arrested, and health restored, without the employment of any special remedies. But if disease has progressed too far to be removed by the cessation of the cause, particular attention must be paid to the food and drink, to wholesome air, bathing, exercise, and rest.

As to *food*, it should be simple and unexciting, digestible and nourishing. "The best mode of reparation," says Deslandes, "is found in diet; the body must be recruited by food; and inasmuch as only those things are nutritions which are digested, the first rule to be observed is, that all the conditions of good digestion are properly attended to. In patients debilitated by this indulgence, the digestive organs are always deranged, or are liable to be so. The slightest error in diet may aggravate this state considerably; which is, in itself, an evil, and may add to the trouble of cure.

"Every article of food which is difficult to digest should be forbidden, and among articles which can be digested, those should be selected which contain the most nourishment, and are the least exciting. Thus condiments, which are but slightly nutritious, and are very exciting, ought never to be used, unless they are indispensa-

bly necessary to digestion, and then only in very small quantities. Milk is very nutritious and does not excite."

"The *drinks*," says Tissot, "are a part of the regimen almost as important as the food. We must omit all those which may increase the debility and relaxation, diminish the slight digestive powers that remain, render the humors acrid, and cause greater debility in the nervous system. All warm drinks have the first effect; they coexist in tea; coffee possesses the last two, and should therefore be avoided. Great quantities of any drink should be avoided. It weakens the gastric juice, and enfeebles the digestive powers, by relaxing the stomach."

Salubrious *air* is as necessary as wholesome food. "The air has the same, and even more influence upon us, than water has upon fishes. The weak have more need of pure air than others; it is therefore a remedy that should not be neglected. The air in an open country, where vegetation flourishes, is most conducive to health. The air of the city, constantly inspired and expired, is loaded with infectious vapors, and not only possesses less exhilarating effects, but is filled with injurious particles. The atmosphere of the country is pure, and is loaded with the most volatile, the most pleasant, the most cordial parts of the plants, and with that of the earth, which is also salubrious.

Bathing is an important auxiliary. It tends to remove inflammation and nervous irritability, and causes the healthy action of the skin. Dr. Andrew Combe remarks,—"The warm, tepid, cold, or shower bath, as a means of preserving health, ought to be in as common use as a change of apparel, for it is equally a measure of necessary cleanliness. If the bath cannot be had at all places, soap and water may be obtained every where, and leave no apology for neglecting the skin." Daily washing, or sponging of the body with cold water, or, in winter, slightly warm, is a good substitute for the bath, "especially when care is taken to excite in the surface, by subsequent friction with the flesh brush or hair glove, the healthy glow of reaction. A rough and rather coarse towel is a very useful auxiliary in such ablutions."

Exercise is indispensable as a remedial agent. A want of it will make a healthy person sick, and of course will prevent a sick person from recovery. It causes an active and equal circulation of the blood, and greatly increases the strength. To be most beneficial, it should be taken as much as possible in the open air. It should be moderate at first, but may be gradually increased as strength returns.

Care must be taken to render *sleep* tranquil and refreshing. For this purpose, slight fatigue, from exercise, is beneficial. Let the suppers be light, and never taken late. Avoid all mental and nervous excitement in the evening; and let every improper thought be banished from the mind. A matrass should be used instead of feathers, and the covering be neither too warm nor too cold. Hot feather beds are sure to weaken the system, and render the sleep feverish, restless and dreamy. Retire to rest, not till inclined to fall asleep, and arise betimes, to inhale the morning air.

If, in peculiar circumstances, the aid of active medicine is necessary, it should be prescribed by an experienced physician. But if recovery is *possible*, a resolute perseverance in the remedies mentioned above, will generally be blessed with a return of health.

CHAPTER IX.

MOTHERS SHOULD INSTRUCT THE DAUGHTER.

From the age of ten to twenty, the girl's system is developed, and the Catamenia Mensis, or Menstruation, commonly termed "Nature," is established. The health of the girl demands that this be properly established and regularly maintained. This can only be done by the girl being cautious, and observing the condition upon which health depends. Such conditions and cautions, should be communicated by the mother to the daughter.

In the town of N——, Mass., Mrs.—— menstruated, at the age of twelve years. It occured for the first time in the

Skeletons of a well formed female chest, and a contracted one.

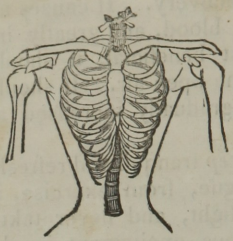

Fig. 9.

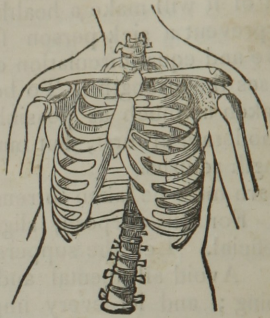

Fig. 10.

"By comparing the accompanying plan of a well developed and naturally proportioned female chest, with the frightful skeleton exhibited in figure 9, the difference is strikingly apparent. Here is breadth, space for the lungs to act in, and the short ribs are thrown outwardly, instead of being curved and twisted towards the spine, by which ample space is afforded for the free action of all those organs, which in the other frame, were *too small to sustain life.* Fig. 9, may be regarded as the exact shape and figure of a short-lived female; and this may be contemplated as an equally true model of the frame of another, who, so far as life depends upon a well-formed body, would live to a good old age.

Fig. 9. An outline is here presented of a female, to show the condition of the bones, as they appear after death, in every woman who has habitually worn stays. All the false ribs, from the lower end of the breast bone, are unnaturally cramped inwardly towards the spine, so that the liver, stomach, and other digestive organs in the immediate vicinity, are pressed into such small compass that their functions are interrupted, and, in fact, all the vessels, bones, and viscera, on which the individual is constantly depending for health, are more or less distorted and enfeebled."

winter, upon a very cold day. The girl knew nothing of menstruation in the female. She had received no instruction from her mother. She was in some pain, faint and much frightened. She retired to her room, lay down upon the bed, and remained two hours, becoming much chilled. The menstrual flow was checked, and it did not return for many months. Since its reestablishment, it has been attended with excruciating pain at each period. Her health is now failing although but 18 years of age.

In this case, had the mother given the daughter timely caution and direction, it is probable she would have enjoyed good health at the present time.

In all cases, the female should avoid damp clothes and feet and chills upon the skin during the menstrual period. Violent mental emotions are pernicious, and should be avoided.

In case of the sudden suppression of the monthly flow, the girl and woman should immediately use the warm hip bath, apply friction to the skin of the lower extremities, clothe with flannels, use warm stimulating teas, as the peppermint, pennyroyal, &c. Mothers have not done their duty to daughters, in giving them instruction upon the above point. No mother should permit her daughter to go from home to work, to learn a trade, to attend a school, without giving the girl instruction upon the above points. True delicacy will not deter the mother from discharging this duty. In all cases of suppression, the daughter should be taught to communicate the facts to the mother, or if from home, to a judicious female friend or understanding physician. In all cases of continued obstruction of the menses, the family physician should be consulted.

CONTINUED MENSTRUAL SUPPRESSION.

In cases of long continued menstrual suppression, the girl should exercise freely in the open air, by walking and riding. She should be clothed with flannels.—Should bathe every morning with cold water, the entire body and limbs, being very careful to wipe dry, rubbing every part of the body and limbs with a coarse crash towel. Then put on warm clothing and exercise briskly. She should sleep in a room well ventilated, that the *air* may be pure and strengthening. She should have a nutritious diet, taking the food at regular intervals, and never eat immediately before going to bed. She should have agreeable, social companions, and always have some employment, but not of an exhausting character. The following pills would be of utility, taken one at a time, three times each day. Sulphate of iron, one

dram. Gum aloes pulverised, thirty grains, Ipecac, six grains. Ext. Strammonium, five grains. Oil of peppermint, ten drops. Mix finely. Divide into thirty pills.

EXCESSIVE MENSTRUATION, TERMED MENNORRHAGIA.

In this complaint, the monthly turns may be too frequent, occurring once a fortnight, or they may continue too long a time and the flow may be too profuse—So much so as to weaken the system. The remedy for this disease is found in such measures and means as equalize the action of the system, and diminish the increased action of the uterine organs. This is effected by attending to the food, having it unstimulating and nutritious. Bathing and clothing as mentioned in a former section, by keeping the bowels open, by applying a blister to the lower part of the back, following it with a plaster of hemlock gum.

A spino abdominal supporter, to relieve the weakness of the bowels, sinking at the stomach, and pain in the breast, sides and back, is of vast importance. The following medicine, would be good. Tartrite of antimony, two grains. Tincture of opium, one dram. Camphor water, two ounces. Mix, take a tea spoonful once in five hours.

Or the following may be taken, a tea spoonful once in four hours during the flow and faintness. Tincture of cinnamon, tincture of kino, acetate of ammonia, of each half an ounce. Tincture of opium, 1 dram, mix.

DYSMENNORHEA, OR PAINFUL MENSTRUATION.

Many females at each menstrual period, have so much pain and distress that much prostration, and weakness is induced. The powers of the system are so much reduced, that disease of the lungs or some other organ is induced, destroying life. Causes. The suppression of the menses by cold, is the most common predisposing cause. In very many instances of suppression from cold, when the menstruation is restored, it is attended with severe pain. In the town of B——, Mrs. H.——, forty years of age, wet her clothing and feet during the first menstrual period. It was followed by suppression. In some twelve months, the monthly flow was restored, but

attended with severe pain. Such has been the condition of the woman at each monthly turn, for twenty five years. The powers of her system are now reduced, and active disease will soon end her days. In this instance, as in thousands of other cases, had the mother given the girl the proper instruction upon the management of herself at the menstrual period, health, happiness and usefulness would have been the result in place of the present suffering and misery.

In some instances, there is a discharge of a flocculent membrane with the monthly flow, in some there is not. In some instances the disease seems to be confined to the lining membrane of the uterus. In some, it affects the whole body of the organ. (see letter s, fig. 11.)

TREATMENT. For the prevention of this distressing malady, read section on suppression of menstruation, and the one on duty of mothers to daughters.

For the removal of the disease, clothe the body and limbs with flannel, bathe the skin daily, always wiping dry and rubbing well with a crash towel. Sleep and work in well ventilated rooms, have good exercise of body and mind. Take laxative, unstimulating, nutritious food. Be careful to prevent and remove costiveness. See section on costiveness.

In many instances a blister applied to the lower part of the back, where there is usually so much pain at the monthly turns, would be of much service if applied two or three days before the monthly period. During the interval between the monthly period, the following pill, taken twice each day. Prussiat of iron, 1 dram. Aloes pulverised, 20 grains. Ipecac pulv. 5 grains. Ext. Strammonium, 10 grains. Ext. cicuta, 5 grains. Oil of peppermint, 10 drops. Mix finely. Divide into 40 pills.

At the monthly periods while the pain lasts, the following would be of much service. Tincture strammonium, 1 ounce. Acetate ammonia, 2 ounces. Tincture cinnamon, 1 ounce. Mix. Dose, a tea spoonful once in two hours, while the pain continues.

If there is much weakness of the bowels, costiveness, pain in the sides and back, sinking at the stomach, short-

ness of breath, a spino abdominal supporter is a valuable and almost certain remedy. One should be certainly obtained and worn.

TURN OF LIFE.

From the age of forty to fifty-five, the monthly flow naturally ceases with woman. At this time the feelings are more or less unpleasant. There may be pain in the bowels, sides, and back, coldness of the feet, paleness of the skin, heat and pain in the head. Women are naturally anxious and apprehensive at this period. They naturally incline to make trial of medicine, &c.

In these cases, prevention of ill is the great desideratum. This is most effectively accomplished by attending assiduously to the laws of health, as the clothing with flannel, bathing the whole system in cold water each day. Sleeping in well ventilated rooms, having some steady mild employment for the body and mind, taking a mild nutritious diet, keeping the bowels regularly open by mild laxatives.

If there be much pain in the head, bleeding may be called for. The following would be a good medicine. Quassia, 1 ounce. Epsom salts, 1-4 ounce. Pennyroyal herb, 1-2 ounce. Steep in one pint of water. Dose a tea spoonful immediately before eating. If there be much pain and uneasiness consult the family physician.

FLUOR ALBUS, LEUCORRHEA OR WHITES.

This is a debilitating, weakening discharge that comes from the membrane lining the vagina of the female. (See letter V, fig. 11.) In some instances the uterus or womb is involved in the disease. It is attended by a flow of whitish, and in bad cases of greenish glairy matter. Weakness of the bowels, bearing down pain, at times, occasionally difficulty of passing the urine, weakness and pain in the back, sometimes a sinking at the stomach, pain in the sides and stomach, loss of appetite, costiveness, weakness and debility, dry sallow skin, &c.

This is a disease that is often somewhat troublesome to cure, and have no return of it. In this disease, as in other maladies, the cause should be sought out and re-

moved. If the piles (that sometimes induce it) exist, remove them as directed in the section on piles.

If costiveness attend this complaint, remove it as directed in the section on costiveness. If the skin be dry, pale, cold and sallow, remove it by bathing every day, and clothing with flannels. Let the food be nutritious. If prolapsus or falling of the womb exist, let it be treated and removed as directed in the section on prolapsus, which see. The falling of the womb is the most frequent cause of leucorrhea. Again the leucorrhea will induce a falling of the womb. If masturbation has been practiced, it will cause leucorrhea. Let the habit be broken up. See section on masturbation.

After attending to the above, the following treatment is almost certain to cure.

1. Get a well adapted spino abdominal supporter, and wear it, to strengthen the bowels, and relieve the pain and weakness in the back and sides, and sinking at the stomach.

2. Make use of the following injection to the vagina, with a female syringe. Water, 1 pint. Sulph. of zinc, 1 dram. Laudanum, 2 drams. Mix, this use morning and evening.

3. To improve the appetite, take a table spoonful of the following before eating. Cascarilla bark, 1 ounce. Epsom salts, 1-4 ounce. Spearmint herb, 1-2 ounce. Steep in one pint of water. Add gin one gill.

Take once in eight hours one of the following pills. Balsam copavia, 1 dram. Nitrate of silver, 10 grains. Extract of cicuta, 20 grains. Ipecac, 6 grains. Rhubarb, 20 grains. Oil of cubebs, 15 drops. Mix, divide into 40 pills.

The above medicines, with the aid of a spino abdominal supporter will not fail, one case in fifty. In most cases the supporter will cure it without the aid of the medicine.

FALLING OF THE WOMB, OR PROLAPSUS UTERI.

This is the most frequent, and the most troublesome of all the maladies with which the females in this country are afflicted. It exists among the young and old, the

married and unmarried. It is found in every section and among all classes, though not so common in some, as in others.

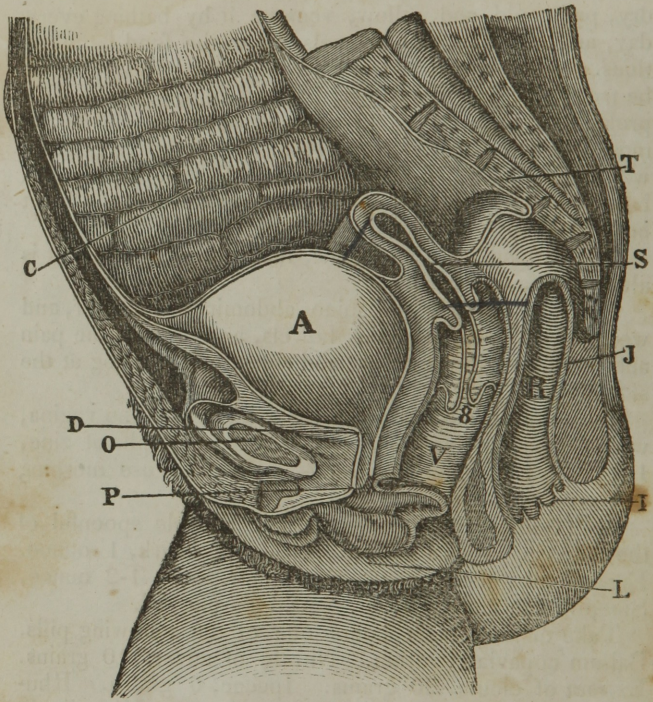

Fig. 11.

In the above cut, A represents the urinary bladder. D, the neck of the bladder. P, the opening of the bladder into the vagina. V represents the vagina or passage to the uterus or womb. S, the uterus or womb. R represents the rectum, or lower part of the large intestines. T represents the sacrum. O, the pubic bone. C, the intestines, lying above the bladder and womb. L, represents the external labia, I, represents the opening of the bowels, and the seat of the piles. J, represents the coat of the intestines.

In the above, the uterus and the other parts are in their proper and healthy position.

Symptoms of this disease. There is a sensation of sinking, or fainting at the stomach, weakness and pain in the side and back, shortness of breathing, dragging pain in the lower part of the bowels, groins and back, weakness, numbness and swelling of the legs and feet, bearing down pains in the region of the womb. Leucorrhea, sometimes difficulty of passing the urine. All these symptoms are not found in every case, but some of them are always found. One of the most certain indications that this complaint exists, is the circumstance that the woman thus troubled is *always made worse, after standing, walking, washing, &c.* Such patients are universally worse the *day after exercising*, and frequently confined to the bed. Many women thus diseaesd, cannot a long time walk. This affection is usually preceded and attended by costiveness. The appetite is faulty, skin dry, and the person very *nervous*. The latter is a very common occurrence. This complaint is one that is but little understood by ladies generally, yet very many are suffering from it. In order that ladies may have a common sense knowledge of this afflictive malady, its causes and the proper method of cure, I have made several excellent and correct drawings of the situation of the womb in its proper place, and when displaced.

The uterus being sunk down as seen in fig 12, the ligaments or bands, attaching it to the groins and side and back, (see fig. 13 letter G,) are stretched, which induces soreness and pain in the sides and back, and groins, the uterus being sunk down as seen in fig. 12 letter S, presses upon the neck of the bladder (letter D,) causing difficulty of passing the urine. The uterus in this position presses upon the veins and nerves that go to the lower limbs, causing pain, numbness with weakness. The vagina, being filled and irritated by the depressed uterus, there is fluor albus. This is almost a constant attendant of prolapsus uteri. The liver, stomach and bowels being depressed, following the falling of the womb, causes the shortness of breath, pain in the stomach and sides, and sinking and fainting at the pit of the stomach.

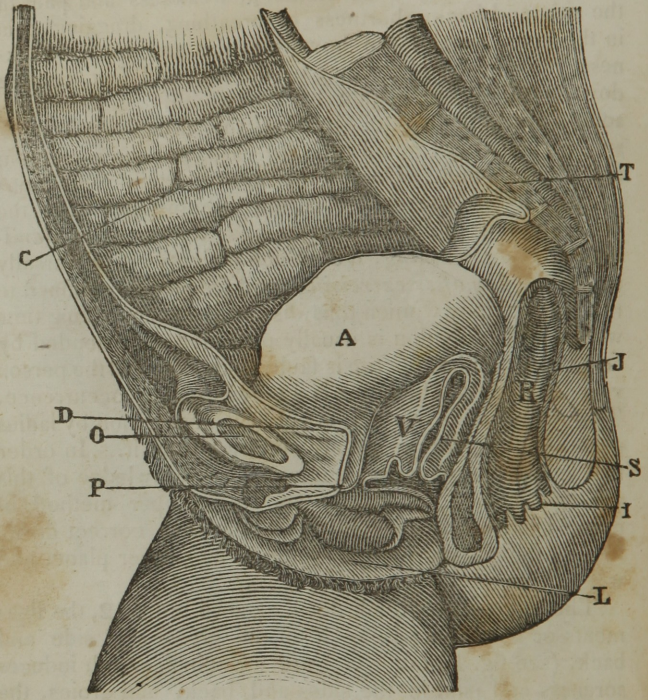

Fig. 12.

In the above cut, the bladder and its neck, the rectum, the uterus and vagina, and the intestines are represented by the same letters as in fig. 11. In this fig. 12 you will see the uterus, sunk down into the vagina. Compare its position in this cut with its situation in fig. 11. In this the prolapsus uteri or falling of the womb is represented. The uterus, letter S, is seen pressing upon the lower part and neck of the bladder, D, and upon the rectum, letter R. The bladder, letter A, is seen pressed down upon the uterus much lower than natural, and the intestines, letter C, pressing upon the bladder. In many of the common mild cases the uterus descend only at the dotted line fig. 8. in the vagina. (see fig. 11.) In such instance the symptoms and suffering are similar to the severe cases.

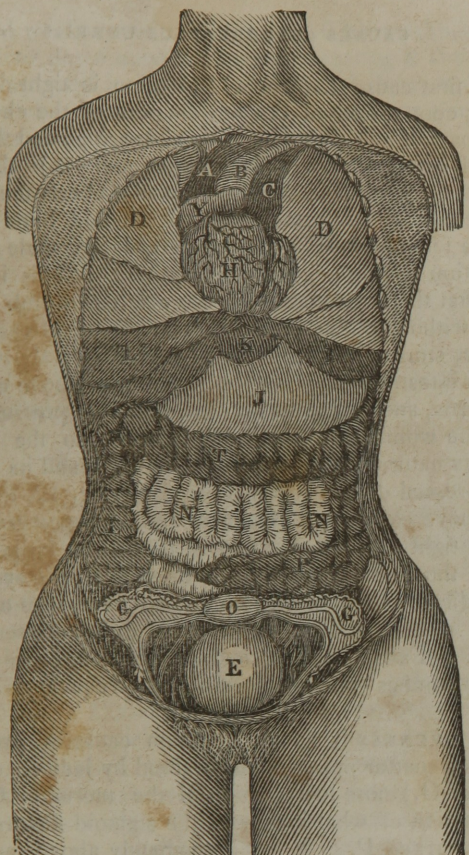

Fig. 13.

In the above cut, the bladder is seen at E, the uterus at O, the ligaments upon each side of the womb, that keep it in place at G, the large intestines at L, T, the small intestines at N, N, the liver, at K, the stomach at J, the midriff or diaphragm at I, the lungs at D, D, the heart, at H, the large blood vessels going to and from the heart, at A, B, C. By the contraction of the lower ribs, the liver, stomach and spleen are pressed lower down than natural. These organs, the liver, &c., press upon the large and small intestines, and crowd them lower down than natural. This causes a fulness and weakness at the lower part of the bowels.

CAUSES OF PROLAPSUS UTERI.

The first cause that I would mention is tight dressing, causing contraction of the lower part of the chest, and upper part of the abdomen, in which are placed the liver, stomach and intestines. (see fig. 9, and 10.) The one exhibits the natural form of the female chest, the other a contracted and deformed one. I would here mention that the female chest is broader than the male chest in proportion to its size, but is not so long. This is necessary, that there be room for the enlarged womb in pregnancy without undue pressure upon the blood vessels, intestines, stomach, &c.

The intestines, as is seen in the cut, lie above and over the uterus, and rest upon it. If they be pressed down upon the womb, it will sink that down into the vagina. (See its natural position fig. 11, letter s, and its position when pressed down causing prolapsus in fig. 12, letter S.) The above exposition, contains the strongest objection against tight dressing that can be made. A large proportion of those that lace tight, complain of the symptoms that indicate falling of the womb and have it to a greater or less degree. Let mothers and daughters see to this matter. Falls, jumping and lifting may cause it, but these instances are by no means so frequent as the oth-others.

Costiveness is a very common cause of prolapsus. This is a matter not well understood by ladies. (In fig. 13 letter O,) note the position of the uterus. Observe the situation of what is termed the sigmoid flexure of the colon, marked P. It lies immediately above, and upon the uterus. This is the part that becomes loaded and distended in costiveness. The intestine being then distended and heavier, presses down upon the uterus, and sinks it into the vagina as seen in fig. 12, letter S. This is probably the most common cause of prolapsus. Hence all females should note and observe the directions in the section upon costiveness, which see.

Another cause of prolapsus is the weak and debilitated condition of the muscles, that lie anterior to the bowels.

It is called weakness of the bowels. This weakness lets the intestines down upon the uterus, pressing it down out of place, as seen in fig. 12, letter S. Lifting, walking, standing, makes these cases worse. Such are the common causes of prolapsus uteri. The causes of prolapsus in the early stages of pregnancy and after confinement, will be considered in another place.

PREVENTION OF PROLAPSUS UTERI.

Avoid tight lacing and cease the habit if it be already a practice. Keep the bowels in an open, solable state and remove costiveness if it already exists, when the bowels are weak, avoid lifting, long walks, and *omit* not to obtain, and wear a spino abdominal supporter.

CURE OF PROLAPSUS UTERI.

1. Always remove the cause, whether it be tight lacing, costiveness, or any thing else. 2. Attend to bathing and clothing the skin. Take a nutritious diet, and such medicines as are recommended in the section on fluor albus, which see and read. 3. Then get a well adjusted spino abdominal supporter. This is one of the most comfortable articles ever devised. The Supporter patented under the title of "Cutler's Patent Abdominal Supporter," is admitted by physicians to be superior to any in use. It gives more relief, and is more comfortable than any other. It is so constructed, that when worn, it lifts the bowels upwards, takes their weight from the uterus, and thus it rises to its natural and healthy position; while it supports the bowels, it makes a gentle pressure upon the back, and gives relief to that part.

The pain in the limbs and groins, difficulty of passing the urine, the fluor albus, the pain in the sides, the faintness and sinking at the stomach, the shortness of breath, cough and palpitation of the heart, are relieved when the bowels are supported. Thus the woman can stand, walk, work and lift, when relieved by an instrument, when she could not do it before. This instrument, if used, will al-

most certainly prevent a falling of the womb, and it is as sure to cure it if it already exists. It is cheaper and better than medicines. No female will be without one if they consult either comfort or economy.

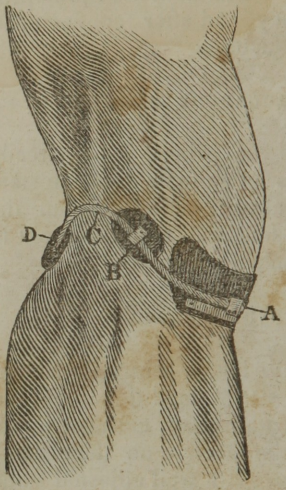

Fig. 14.

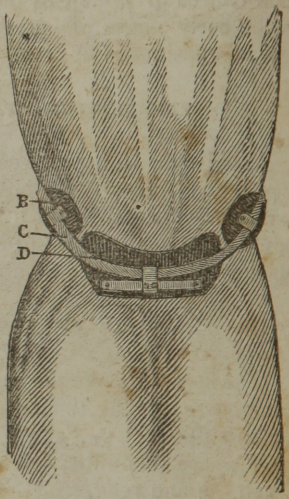

Fig. 15.

The Supporter consists of a front pad, that is made soft and elastic by springs that are applied to the front and lower part of the bowels. (See letters A, D, fig. 14 and 15.) To this are attached two elastic springs, that pass from the front pad over the haunch bones upon each side, to the lower part of the back, on each side. (See letter C, fig. 14 and 15.) Upon the back, are two elastic pads, with springs. (See letter D, fig. 15.) Letter B, fig. 14 and 15, represents two pads that support the liver, spleen, and large intestines.

PROLAPSUS DURING PREGNANCY.

This is attended by the following symptoms. Sense of sinking and bearing down, difficulty of passing the urine. Some leucorrhea, numbness, pain and swelling of the lower limbs, pain in the groins, sides and back, sinking at the pit of the stomach, shortness of breath, costiveness, &c. Cause of this, look at fig. 11, letter S, and the womb is seen in its natural position, and compare it with fig. 16, letter S.

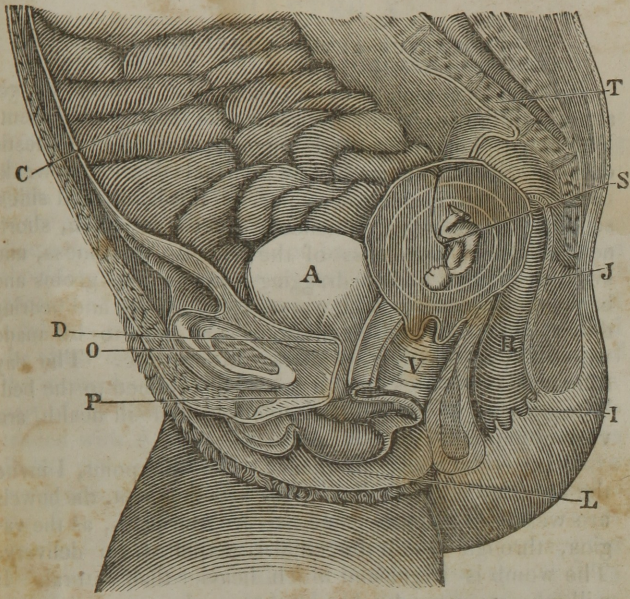

Fig. 16

In fig. 16 letter S, we see it much enlarged and consequently some heavier. It presses upon the rectum, R, causes costiveness, it presses upon the bladder, and its neck, A, D, causing difficulty of urination. It presses upon the veins and nerves of the lower limbs causing swelling, and numbness of the feet and legs. As it sinks lower than natural, the ligaments of the womb are upon the stretch, (see fig. 13, letter G,) causing pain in the groins, sides and back. Under such circumstances, all these symptoms are made worse, by standing, walking, lifting, &c. This usually continues about three months, until the womb by its enlargement, rises out of the pelvic cavity, up among the intestines. All these symtoms and severe suffering, can be relieved and sometimes entirely prevented, by two things. 1. Prevent and remove costiveness. See section on costiveness. 2. Take off the weight and action of the bowels. This can be done by a well fitted spino abdominal supporter. At these times, no lady should be without one. Such an article would prevent, and remove much distress, save many calls of the physician, the taking of much medicine and lessen the danger, and liability, to miscarriages.

PROLAPSUS AFTER CONFINEMENT.

It is no uncommon occurrence, for a lady to get along well the two or three first weeks after confinement. She leaves her room, and engages herself in domestic duties. She begins to feel an unusual degree of weakness, and pain in the lower part of the back, and sides, sinking, faintness or "goneness," at the stomach, shortness of breath, weakness of the bowels, numbness, and swelling of the limbs, dragging pain in the groins and back, difficulty of making water, Leucorrhea, and bearing down pain. All these symptoms are sure to be made worse, after standing, walking, lifting, &c. The day following she is sick, and it may be, confined to the bed. These cases of debility, feebleness and ill health, are very common.

What is the cause of them? To this point, I invite the attention of the ladies. After confinement, the bowels are weak and relaxed; and so are the parts, as the vagina, through which the child is expelled, in delivery. The womb is larger and much heavier than natural. It will take some weeks, before the womb assumes its natural size, and the relaxed parts acquire tone and strength. In this condition, the woman gets upon her feet, walks, stands, &c. The womb sinks down, as seen in fig. 16, letter S. In short, prolapsus is the result. Costiveness will produce the same results, and aggravate the matter. See section on causes of falling of the womb.

How is this trouble prevented? 1. By remaining in the room, until the parts that have been relaxed, acquire tone, and the enlarged womb is reduced in size. 2. By keeping the bowels open, preventing costiveness, and removing it when it exists. 3. By wearing a well adjusted Spino Abdominal Supporter, the first few weeks after confinement, when walking, riding, standing, &c. The same means, with attention to the skin and clothing, will certainly cure cases having symptoms above described. Of all the means known and used to prevent and cure the distressing symptoms attending prolapsus, the Spino Abdominal Supporter is worth all the rest.

CHAPTER X.

MECHANICAL CURE OF CHRONIC DISEASES.

In the community many are found, who complain of weakness of the bowels, difficulty of urination, or passing the water. Costiveness, sometimes alternating with Diarrhea, Piles, pain in the bowels, faintness, or "goneness," at the stomach, flatulency, or wind, and sourness of the stomach, pain in the side and back, especially between the shoulders, and at the lower part of the spinal column, palpitation of the heart, shortness of breath, with cough and weakness of the voice. With such conditions, we find the chest depressed or somewhat flattened, a sinking of the stomach, with a fullness, or prominence of the lower part of the bowels. This condition of the system is attended with pain in the head, debility and pain in the limbs, dry, pale, sallow skin, cold feet. All the above symptoms are much increased by lifting, standing, walking, &c. While exercising, not much pain or uneasiness is felt, but after sitting a few hours, or perhaps the following day, the individual is unable to sit up, or finds it difficult to walk. Individuals thus afflicted, will be seen stooping, and leaning forward, and not unfrequently making pressure upon the sides and bowels with the hands, to give a slight support, that the suffering may be mitigated. Persons thus afflicted, may be relieved, and a radical cure effected by the use of a well adjusted Spino Abdomnal Supporter.

The question may be asked, how does mechanical support effect the relief or cure? Let me first direct your attention to fig. 13. The bladder seen at E. the uterus or womb at O. the ligaments of the uterus at G. G. the large intestines named the colon at P. L. & T. the liver at K. the stomach at J. the small intestines at N. N. the midriff or diaphragm I. I. the lungs at D. D. the heart at H. the auricle of the heart Y. the vein through which the chyle and blood is returned to the heart at A. the aorta or artery through which the arterial blood passes at B. the pulmonary artery at C.

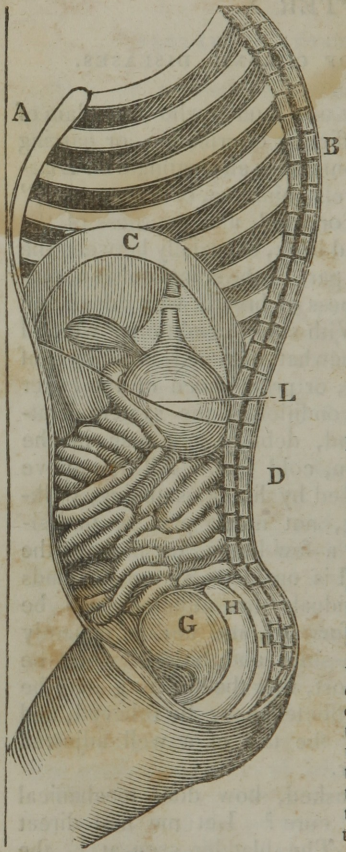

Fig. 17.

Fig. 17.

I, represents the Rectum, or lower part of the intestinal tube. H, the uterus, or womb, rising to a level with the bladder at G. B and D represent a section of the spinal column or back bone. C shows the convexity and situation of the diaphragm, as it exists in the cavity of the chest, in the act of expiring or breathing out the air of the lungs. The line L. shows the plane to which the central portion of the diaphragm descends, in the act of inspiring or breathing air into the lungs. See fig. 5, the situation of the liver at D, and the stomach, A. Also fig. 13, the situation of the large intestines. L. P. T, the small intesiines, N. N.

In all cases of chronic disease, the muscles, or walls of the abdomen being relaxed, causes a weakness and protrusion of the bowels, as seen in fig. 18. The muscles when not relaxed, support, and press upward, and backward, the large and small intestines ; see fig. 13, and 17, showing the true position of the intestines, and other internal organs.

If the abdomnal muscles become relaxed the large intestines as seen in fig. 13, letter P. and the small intestines fig. 18, press upon the bladder, see letter E. fig. 13, & H. fig. 18, causing a difficulty of urination, and symptoms of the gravel. The uterus letter O, fig. 13, and I, fig. 18, being pressed upon by the large intestines, represented by letter P, fig. 13, and small intestines fig. 16, press upon the uterus, causing a displacement of this organ, as seen in fig. 12. Compare I, fig. 18, with H. fig. 17, and also, S, fig. 11, with S, fig. 12. In fig. 11 and 17, the uterus is represented in the natural situation ; fig. 12 and 18. the prolapsus or fallen womb is represented. For the symptoms of the prolapsus refer to page 55.

The intestines becoming depressed, support is not given to the liver, situated on the right side, or the spleen on the left side ; consequently, these organs are depressed, causing pain in the side ; the stomach also, not being supported properly by the intestines, sinks, causing a sensation of faintness, sometimes a sense of fulness, and not unfrequently loss of appetite.

The Diaphragm, letter I. I. fig. 13, and letter C. fig. 17, not being duly supported by the liver and stomach, the diaphragm loses its convexity as seen at A. fig. 18, and due support not being given to this organ, it also loses its tense and contractile power, and sinks below the straight line seen at L. fig. 17, and becomes convex downwards, as seen at L. fig. 18. When the diaphragm assumes this position, there is a flattening of the chest, also an irregular action or palpitation of the heart, shortness of breath, cough, feebleness and inability to speak.

The symptoms above alluded to, not unfrequently cause the individual thus affected to lean forward, to force the depressed organs upward. The nerves of these deranged organs, become irritated, and this irritation is transmitted to the spinal marrow or pith of the back bone, pain and weakness of the limbs, particularly the lower extremities follow this condition of the nerves, rendering the person likewise extremely nervous.

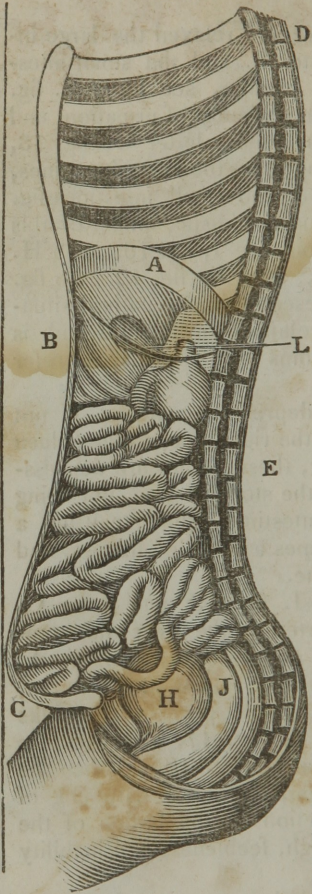

Fig. 18.

Fig. 18.

I, represents the rectum. J, the uterus. H, the urinary bladder. D and E, the spinal column. A, the diaphragm, and its convexity in the centre, while exhaling air from the lungs. L, the position while inhaling the air into the lungs. B represents the chest flattened, and the stomach depresed and hollowed in. C represents the walls of the bowels relaxed; consequently they sink down, and become tumid and prominent in this part. Compare this with fig. 17.

The large and small intestines, need the stimulation of the active contraction of the abdominal muscles, and diaphragm to keep them in a healthy state, and when the tonic contractibility of both is diminished by this relaxed condition of the muscles, the bowels become inactive, producing constirpation or costiveness, or this alternating with a diarrheal discharge.

Contraction followed by relaxation is a law of the muscular system. But in fever, and chronic diseases of the lungs, heart, stomach, liver, and intestines, the muscles or flesh become soft and flabby, attended with feebleness, and frequently relaxation, and these muscles having lost in a measure the power of contracting, they become permanently relaxed. As the abdominal muscles assume the relaxed state with other muscles of the system, the intestines sink to the lower part of the cavity as before described, and while thus enfeebled, they cannot give due support to, or raise the already depressed organs.

If a piece of India Rubber be extended, being attached at each end to fixed points, and a weight be put in the centre, it will yield by still further elongation, and the centre will become depressed, while the *weight* remains, the rubber will not contract, so as to elevate the central depressed portion to a level with the points of attachment. So it is with the relaxed abdominal muscles. They are enfeebled and overstrained by the weight of the intestines, and as long as this condition exists, the muscles cannot contract or shorten, so as to elevate the internal organs, as seen in fig 18, to their natural position as seen in fig. 17.

If the weight be taken from the India Rubber, it will contract, and the depressed centre will be elevated. But the weight of the liver, intestines, &c. cannot be removed from the abdominal muscles, while life continues ; consequently, relief by this means is not attainable. But the contraction of the rubber may be assisted, by support being given under the central depressed portion, and thus the centre elevated to a plane with the extremities. So a supporting cushion, or pad, may, and can be applied to the projecting abdomen, at C. fig. 16. The muscles thus supported and assisted, will be enabled to contract and bring the abdominal organs into a healthy and natural position.

The following cuts represent a Spino Abdominal supporter, invented by the author, for the relief of this relaxed condition of the muscles, which occurs in the male and female system. A *side* and *front* view of the instrument, and the manner in which it is applied, is given in fig. 19, and 20.

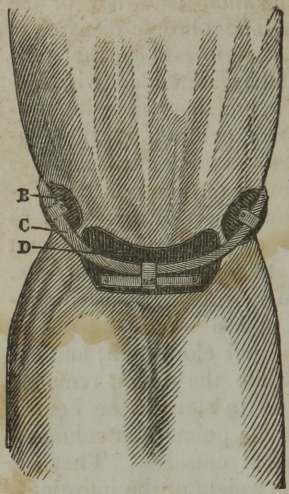

Fig. 19.

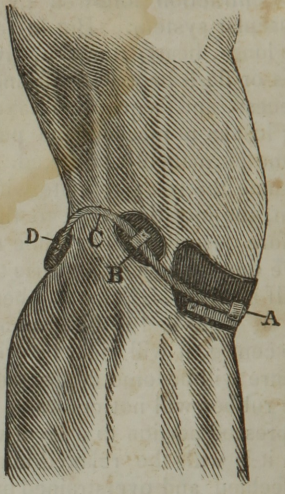

Fig. 20.

D, in fig. 19, and A, in fig. 20, represent an elastic front pad; upon upon this front pad is an eliptic spring, placed obliquely to the pad. This spring is attached to the band connecting the two latteral main springs by a clasp. The lateral or main spring extends upward over the haunch bone, on both sides, seen at C. Above the front pad, and within the haunch bone, upon each side, there is attached to the main lateral spring, two lateral elastic pads, shown by C. in fig. 19, and B, in fig. 20. At the posterior extremity of each of the latteral springs, an elastic pad is attached, seen in fig. 20, at D.

Support is given by this instrument, to the lower protruding part of the abdomen, seen at C, fig. 18. On examining this figure, it will be seen that it is necessary to make the pressure, not only backward but upward at the same time. By the oblique position of the front elliptic spring, and the upward direction of the lateral main spring, this compound pressure is effected.

In instances where bandages are thrown around the weakened and depressed bowels, the pressure is only backward, and the bandages are usually applied too far above the protruding bowels to give the required support.

As the muscles of the system are elastic, so should all supporting articles possess the same quality. In the in-

strument represented by 19 and 20, the elasticity is obtained by means of elliptic and spiral springs; and so elastic is it, that it yields to every movement of the ribs and bowels; consequently it is worn with ease and comfort by the lady or gentleman. The lateral pads give support to the large intestines, liver and stomach. The upward and backward pressure given at the same time by this instrument, is not to be found in any other mechanical support used for this kind of ailment. What diseases will be relieved by this kind of mechanical support? What is the *Modus Operandi* of this apparatus?

By the upward pressure of the front pad, the contraction of the abdominal muscles in front is effected, causing an elevation of the intestines; and this elevation frees the bladder, as seen in fig. 18, and brings the organs into their proper situation, as seen in fig. 17. By this mechanical support, gravel, and urinary complaints are relieved and cured. Thus every individual afflicted with such complaints, would avoid much suffering, when standing, walking, or lifting, by support of this kind.

The uterus, also, being relieved of the unnatural weight of the intestines, as seen in fig. 18, will rise to its natural position, as seen in fig. 17. The bearing down pains experienced by females, the Leucorrhea and its attendant symptoms will be remedied—the intestines being elevated and brought to their natural position—the liver, upon the right side, the stomach and spleen on the left, will be duly sustained by their elevation, and from this cause;—the tension of these ligaments will be removed, and pain in the side relieved. The stomach being properly supported, the faintness, flatulency, and distress after taking food will be remedied. The liver and stomach being sustained in their natural position, due support will be given to the diaphragm, and thus favor its healthy contractile action. The heart and lungs receiving due support from the internal organs at their base; shortness of breath, palpitation of the heart, cough, difficulty of speaking are removed upon Physiological principles.

These organs, viz. Heart, Lungs, Stomach, Liver, and Intestines, assuming their natural position, the irri-

tated nerves of the spine will become healthy, and thus relieve the pain of the limbs and back. The intestines being supported by their appropriate muscles, the leaning and stooping posture is not called for, and through the erect posture, the weakness of the muscles of the back is at once relieved. The relaxed abdominal muscles and diaphragm, being sustained, the intestines are thereby, stimulated to a healthy and efficient action, preventing and *curing* that inactive state of the bowels, termed costiveness, as well as diarrhea, with colic pains, together with that distressing malady, the piles. The pain at the lower part of the back is relieved by the support given by the back pads.

There are thousands in the community, now laboring under the symptoms before described, who have taken all the popular remedies for diseases of the liver, lungs, stomach, bowels and spine, without benefit, which may be cured in a few weeks by the above described mechanical means.

The attention of understanding clear-headed physicians, is now being directed to this method of medication.

Objections are sometimes raised, that they may do injury. To this, I will now invite your attention. The instrument is applied to the lower part of the bowels and back, as seen in fig. 19, & 20. The lateral springs are immediately above the haunch or hip bone. The large blood vessels, and nerves, the liver, heart and lungs receive not the least compression, it differs materially from the corset lacing process. The pressure of the front pad is upward, and it is made with no more impunity, than pressure, not unfrequently made by the hand. Pressure upward is grateful, and attended with little or no pain, whereas, pressure backward, is attended with pain and uneasiness. The objections against compression of the chest and *upper* part of the bowels, cannot be brought against pressure being made at the lower part of the bowels on physiological principles.

Another objection that may arise, is, that the instrument once used, it must always be worn. This is not true. A muscle that is kept a long time in a state of

unnatural tension, becomes exhausted, and loses the power of contracting. A proof of this is shown in an over strained muscle.

The muscles of an arm when kept in a sling for a long time become contracted or shortened, and when taken out, it is with difficulty that the arm can be extended. The reason is, that the muscles acquire an increased contractile power. The same results will follow the mechanical support to the abdominal muscles. They are relaxed, and need an increased degree of contractile power. This they cannot acquire, while compelled to support the bowels in their enfeebled, weakened state. Support them for a few weeks, and the fibres of the muscles, will acquire their contractile energy; and when this is obtained, they will support the bowels without foreign aid.

The truth of the above statements, I have seen verified in many cases. Many certificates of cure might be given, both from Physicians and patients of the following character.

Case 1.—Dr. K. of H. Mass. was frequently called to Mrs. B. who was afflicted with costiveness, fluor albus, pain in the sides and lower part of the back, a bearing down sensation, when walking or standing, difficulty of urination, and faintness at the stomach; these symptoms were much increased by continued rapid exercise, which rendered her extremely nervous. She had taken much medicine, of both mineral and botanical character, but had found only temporary relief—finally, Dr. K. recommended the trial of an abdominal supporter, which was procured, and gave permanent relief. Mr. B. called on the Physician, two years after, to thank him, for his last, and effectual prescription, saying, at the same time, that the instrument had saved him more than one hundred dollars.

Case 2.—Dr. H. of Providence, R. I. was visited by a lady from Mass. to obtain relief, in a case of similar symptoms, described in case 1. She left home, thinking it would be necessary to remain there, six or eight weeks. Dr. H. after an examination of her case, advised a small

portion of common aperients, obtained a supporter. After using the supporter two weeks, she returned to her family cured—not by medicine, but by mechanical support to the abdominal muscles.

Case 3.—Mrs. W. of H. Mass. consulted Dr. C. of W. for a weakness of the bowels, difficulty of urination, shortness of breath, cough, &c. Dr. C. directed that she should give attention to the skin, by bathing, and flannel clothing, also, some mild opening medicine, and applied likewise, a Spino Abdominal Supporter. In a few days, the cough, and other symptoms were relieved.

Case 4.—Mr. H. a tailor of S. Mass. had been afflicted with pain in the left side for many years. Cupping, leaching, blistering, liniments, and washes had been tried with no avail ; I applied a Spino Abdominal Supporter—in one week, the pain left the side, and has not since returned.

Case 5.—Mr. H. had been at the South, and returned with a severe liver affection, dyspepsia, with severe pain in the bowels. He obtained on trial, a Spino Supporter, and in two days, his pains and aches disappeared. He laid it aside, and concluded not to purchase it, as he was poor—but the pain returned—he resumed the use of the instrument, and found relief. Having thus fairly tested the utility of the instrument, he forthwith purchased it.

CUTTER'S

SPINO ABDOMINAL SUPPORT

This article has been examined by the physicians vicinity, and pronounced superior to any article in use, adapted to the relief and cure of such persons as are ed with pains in the sides, back and heart, shortness of b cough, palpitation of the heart, swelling of the limb feet, faintness and sinking at the stomach, Diarrhœa, Co ness, Piles, weakness and bearing down of the bowels the weakening and debilitating diseases of females.

P. S. All persons desiring to try this newly inv instrument, are invited to call on

to examine it. They will be fitted, and a trial may be of the article, and it can be returned without charge satisfactory. Such are the terms in place of extraor puffs and certificates. If it will not bear the proof of it is not worth getting.